

CHILDHOOD MESSAGES

	Unconscious Childhood Messages received from our caregivers	Lost Childhood Messages that we want to hear more than anything else
1	It's not ok to make mistakes.	You are good.
2	It's not ok to have your own needs.	You are wanted.
3	It's not ok to have your own feelings and identity.	You are loved for yourself.
4	It's not ok to be too functional or too happy.	You are seen for who you are.
5	It's not ok to be comfortable in the world.	Your needs are not a problem.
6	It's not ok to depend on anyone for anything.	You are safe.
7	It's not ok to depend on anyone for anything.	You will be taken care of.
8	It's not ok to be vulnerable or to trust anyone.	You can depend on others.
9	It's not ok to assert yourself.	Your presence matters.

DESIRES AND DISTORTIONS

	Desires	Deteriorates into their Distortions
1	The desire to have integrity	Deteriorates into critical perfectionism.
2	The desire to be loved	Deteriorates into the need to be needed.
3	The desire to be valuable	Deteriorates into chasing after success.
4	The desire to be oneself	Deteriorates into self-indulgence.
5	The desire to be competent	Deteriorates into useless specialization.
6	The desire to be secure	Deteriorates into an attachment to beliefs.
7	The desire to be happy	Deteriorates into frenetic escapism.
8	The desire to protect oneself	Deteriorates into constant fighting.
9	The desire to be at peace	Deteriorates into stubborn neglectfulness.