

# *Genetically Recode* Subconscious Beliefs



## *7 Internal Shifts*

**To Genetically Recode Self-sabotaging  
Patterns  
& Limiting Beliefs  
Using Therapeutic & Holistic Practices**

*Liberated Living*



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## PREFACE

Hello friends, we're the twins from *Liberated Living* and we want to welcome you to

*Genetically Recode Subconscious Beliefs*: An introduction to Genetic Recoding!

If you're ready to upgrade your life to the next level and make a greater impact in the world by adding more value to humanity or simply advance your coaching or therapy practice, then we have a short-cut process that will help you achieve that by mastering your. . .

### **Soul Work Through Genetic Recoding**

**Here is a review of some benefits we cover in this course:**

Internal strategies in this '*Introduction to Genetic Recoding*' will guide you to:

1. **Gain Key Strategies to GENETICALLY DECODE Subconscious Blocks And RECODE Default Programming To Fulfill Your Purpose & Unlock Your Potential.**
2. **Discover How To Activate The CORRECT GENE CODES For Healing & To ALIGN YOU TO YOUR BEST SELF.**
3. **Learn how to RECONDITION YOUR MIND FOR SUCCESS, using the correct psychology & upgrading your neurocircuitry.**
4. **Receive Your FREE Personal Reference Guide to "Genetically Recode Core Emotions & Subconscious Beliefs & Handguide, AND PROGRAMS for Your Personal use. (Downloadable)**
5. **Receive GUIDANCE on your quest to SELF-MASTERY.**
6. **Receive Training Through Your GENETIC RECODING So You Can MASTER YOUR OWN MEDICINE to Become The EXPERT IN YOUR FIELD, and Receive A HIGHER INCOME REACH.**
7. **Be awarded a PRACTITIONER CERTIFICATE OF COMPLETION in as little as 4-8 weeks & receive an already "DONE FOR YOU" GENETIC RECODING *SoulWork* Book, And Programs To Use like a BUSINESS- IN-A-BOX For Your COACHING or THERAPY PRACTICE. (downloadable)**
8. **Receive 1-on-1 Genetic Recoding Sessions (Subconscious & Genetic Consultations) to OVERCOME faulty programming & RAPIDLY ADVANCE YOUR desired RESULTS.**

\*As a practitioner, it's not necessary to become versed in the language and terminology of epigenetics, since we already laid out the groundwork for you. However, as long as you understand these practical strategies on a conceptual level and put forth the effort, you will succeed.

So stay tuned...

PREFACE	2
<b>PART I</b>	<b>4</b>
<b>MODULE I</b>	<b>4</b>
DISCOVERING HIDDEN BELIEFS AND SUBCONSCIOUS PROGRAMMING	4
THE POWER OF OUR MIND	7
LAWS OF CONSCIOUSNESS	8
EMOTIONS	9
OUR PHILOSOPHY	10
OUR STORY	11
<b>PART II</b>	<b>14</b>
STEP 1. IDENTIFY YOUR KEY PLAYERS	14
STEP 2. DIGGING DEEP TO DECODE EMOTIONAL BLOCKS	14
<b>MODULE II</b>	<b>18</b>
EMOTIONAL RESPONSES	18
EXTERNAL VALIDATION	20
STEP 3. GIVING YOUR PAST PURPOSE	21
STEP 4. REFRAME EMOTIONAL SCARS TO REMOVE THEIR POWER OVER YOU:	25
STEP 5: HEAL INTER-RELATIONAL DYNAMICS:	27
STEP 6: SELF-EMPOWERMENT & MASTERY	32
STEP 7: UNLOCK YOUR POTENTIAL AND ALIGN TO YOUR AUTHENTIC PURPOSE:	33
GENERATIONAL HEALING ECOURSE PACKAGES	36

# PART I

## MODULE I

### GENERATIONAL HEALING

#### DISCOVERING HIDDEN BELIEFS AND SUBCONSCIOUS PROGRAMMING

We all have limiting beliefs that hold us back from reaching our potential that are clues into our blind spots, and prevent us from fulfilling our own happiness. These personal limiting beliefs create unnecessary hardships causing us to feel stuck from moving forward successfully. Examine your own life. Do you have any repeated learning experiences- playing like a broken record that you're ready to *finally* outgrow and master? *"Those who fail to learn from the past are doomed to repeat it"*. So, ask yourself, are there any beliefs you are ready to let go of that are no longer serving you?

- Do you experience self-defeating behaviors, such as believing you're not good enough or worthy to receive more, which leads to vicious cycles of self-sabotage and obstacles that prevent you from fulfilling your life's desires?
- Are there any trapped or suppressed emotions that are left unresolved,
- Or ego-based fears and self-doubt (including jealousy, competition, entanglements or power-struggles in relationships)?
- Do you experience conflicting beliefs that interfere with your ability to accomplish what you sincerely desire?
- Do you believe that you have to work hard to get ahead or be successful?
- OR that everyone else can be happy, except you?
- That you're different because... (excuse/story).
- Or that unfortunate circumstances only happen to you?

Most likely you can relate to a number of these, but you've probably already done everything in your power to overcome these cycles of negative experiences and thought processes, yet keep finding yourself producing the same results and you're still not where you want to be. But why???



Each of us have experienced these kinds of challenges -at one time or another- within our lifetime. So, be sure not to fault yourself because self-defeating behaviors are common to everyone and we're all meant to overcome them... but, most people don't go deep enough to change these limiting beliefs on a subconscious level, let alone on a genetic one. Negative subconscious programming is imprinted within our belief systems, and more often than not, these limiting beliefs were transferred genetically from our ancestors. Epigenetics read the instructions to switch our genes on and off. What determines the switch is our subconscious programming, be it good or bad.

The good news! All of our challenges are equal to our potential, so take what is most challenging for you and imagine what equal potential is also possible for you! When we endure such difficulty, we're actually developing the strength and inner muscles to overcome these hurdles. However, most often our minds negativity bias keeps us trapped in the problem, which only strengthens our fight for the problem rather than for the solution. When we view everything in our life that is happening FOR us and not TO us, then we will no longer be at the mercy of life circumstances, but instead can view everything as training for our growth and development. Challenges are always for our benefit, to grow and better us so we can be empowered to live the life we desire and contribute our purpose to society as our best. When we're finally ready to surrender and change, we can redirect our focus to the **solution** and align to our potential. Many of you are ready for breakthroughs, because you know you are destined for more in your life. So may you become better in the take away from this webcast than when you started.

### **So, how do we overcome the minds faulty programming of the negativity bias?**

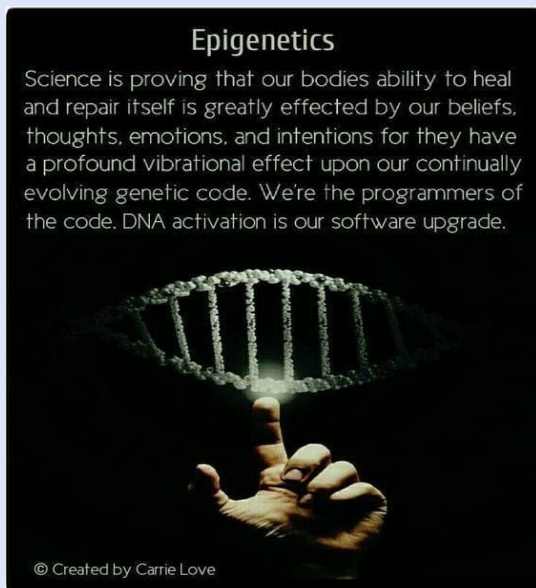
Your beliefs *unconsciously* dictate your reality through your thoughts and behaviors that influence your choices and actions-- including your emotional reactions. Subconscious beliefs are also responsible for running your psychological programming. The key difference between the conscious and subconscious mind is that the **subconscious** gives directions and the **conscious** follows the instructions given by the subconscious mind. **So, best to be clear on those instructions! It all begins in the mind.**

For instance, is your subconscious mind signaling you to keep working hard to get ahead, and yet, you continue to spin your wheels just to feel overwhelmed and defeated? Who did you learn this from? *How far does the apple fall from the tree?* What other subconscious patterns are producing unfavorable results?

We all know we're a byproduct of our parents. However, many of us may not realize that most of the distress we encounter in life was genetically inherited from our parents and grandparents. A vast majority of our emotional upsets and psychological triggers were transferred in our DNA from one family line down to the next through RNA strands. According to molecular biologists, **your genes are shaped in part by your ancestors' life experiences and demonstrates that traits and behaviors acquired in one generation can be**

**passed on to subsequent generations** (Pert, 1997. The Molecules of Emotion). Neuroscience calls this field of science “**epigenetics, which studies the interactions of genes with the environment.**” **Therefore, our epigenetics** (gene expression) **has a wide influence on both our successes and failures.** We'll explore this more...

Transgenerational Epigenetic inheritance (TEI) increases our susceptibility to diseases, pathologies, and the psycho-emotional transmission of our ancestors (Jablonka & Raz, 2009). **Even the transmission of traumatic experiences from previous generations are passed onto later generations** (Maddox et al., 2013; Franklin, 2014; Provençal, Binder, 2015b; & Dias et al., 2015). **These findings may be especially helpful to those previously concerned by their lifelong difficulties in coping with stress to realize that there is an actual inherited disposition to their struggles and emotional difficulties** (Babenko, Kovalchuk & Metz (2015).



**Epigenetics provides a valid explanation of how our beliefs and subconscious programming is influenced by the primitive beliefs of our ancestors' memories and life experiences that shaped their beliefs and its transference onto future generations** (Carlson & Dalenberg, 2000; Jablonka, 2009). **That's you!** Such dispositions result in, “transgenerational epigenetic programming” (TEP) and present in our lives as: **fears, negative thoughts, insecurities, self-doubt, anxiety, anger, depression, limiting beliefs, self-sabotage, poor habits and other unwanted behaviors.** No fun!

This indicates that the genes we inherit can **also** dictate our **successes and failures**-- due to the beliefs and programming we also inherit. Even if you

don't know your biological parents, subconscious beliefs are encoded in our genes, often-times creating a vicious cycle... until we genetically recode these fears and inherited beliefs, which will help us to eliminate self-defeating and sabotaging behaviors.

*Do you recognize any of your own **inherent patterns** from faulty genetic programming such as repeating the same mistakes and dysfunctional family patterns, including, addiction, codependency, abuse, anxiety, self-doubt, worry, PTSD or depression? And... Do you believe you're meant to be the “**chain breaker**” in your family???*

Through a process called “**epigenetic recoding**” or “**genetic recoding**” we can discover the ability to genetically recode subconscious blocks, which is like uncovering an immediate key to success you've always had in your hand and experience breakthroughs. Generational healing through the process of Genetic Recoding was devised to not only **decode** these

core emotional and subconscious beliefs, but to also successfully heal and **recode** them.

In this program, you'll be able to **identify** not only the **blind-spots** of your **core genetic beliefs** and (faulty) **subconscious programming** that may cause setbacks in your daily life, but also get to the source of the problem, and most importantly... learn key internal strategies to overcome the negativity bias and genetically recode them, so you no longer suffer the perpetual repercussions of "**faulty programming**" and **limiting beliefs**.

As you apply these valuable strategies and insights, you will feel a sense of accomplishment and elevated self worth. A dose of these powerful, therapeutic practices can help you overcome negative subconscious beliefs and family patterns to achieve healthier and more rewarding relationships with others. Healing generational patterns through Genetic Recoding can advance you toward achieving self mastery, enabling you to accomplish your goals and reach your potential without sabotaging your own efforts.

## THE POWER OF OUR MIND



So, is your mind working **against** you? Are your beliefs helping you manifest your ideal reality? We all possess the same two segments of mind power-- the **conscious** and the **subconscious**. Your conscious mind is the active, awake function of the mind that is alert, assesses, calculates, and judges. Your subconscious mind stores your memories, emotions, and beliefs. It is also the **powerhouse** of the mind that makes up *more than 90% of your brain*. So best to lend more credit to

your powerful emotions so they can begin to work **for** you!

**Our subconscious beliefs unconsciously dictates our reality and runs our psychological programming.** The stresses that are found in our unconscious and subconscious mind are the ones that cause most of our underlying challenges. **Therefore, our beliefs are either working for us or against us. We can make the most of this internal power if we have a better understanding of our existent and inherent programming.** In order to change the subconscious commands, we must be able to access the subconscious mind. *It's helpful to peek under the hood so we can better understand our unconscious processes and the mechanics of this powerful "machinery".*



## LAWS OF CONSCIOUSNESS

Let's begin by developing a greater understanding of consciousness. The entire universe operates and interacts under fundamental forces of nature and physics; one of which is Electromagnetic force. Without these fundamental forces, humans and all the other matter in the universe would fall apart. Electromagnetic forces define our human interactions and is the conscious reality we witness in our relationships with one another, our human mind power, and emotional impulses. This is really *consciousness impulses* made visible through the interplay of electromagnetism. It is through these laws where we can apply nature's biofeedback mirror - the mirror technique, which we will discuss later - to assist us in becoming more aware of negative thought and emotion patterns and begin to change, outgrow, and master unhealthy consciousness. What we think, feel, and do, is 'consciousness energy' which forms the entire fabric of our life's experiences.

Knowledge of these magnetic forces date back before 600 BC and was understood during the time Newton developed his laws of motion (1686). Electric charges **attract** or **repel** one another and magnetic poles in a manner similar to **positive** and **negative charges** and always exist as a **pair**. This is the basic concept of electromagnetism and we can refer to these **opposing charges** or forces as many things, such as dual impulses, laws of opposition or polarity, masculine and feminine impulses, yin and yang, etc., as every impulse has an **equal and opposite force governing it** (Electric potential, Khan Academy, 2020).



All living things experience these positive and negative charges as bonding and attracting or rejecting and repelling, which we've all experienced to one degree or another. **These forces govern the thoughts, feelings, and behaviors** that are produced by our **beliefs**. We **think** and **feel** with the same energy that governs our world. Our **thoughts** are the electro-magnetic **blueprints** which will eventually **externalize**, so be sure to guard against critical or judgmental thoughts and perceptions because that is what we will continue to **create** and **experience** in our **interactions** and **relationships** with ourselves and others due to our perception becoming a projection of our **reality**. **Our internal reality becomes our external experience**. Even as we project our judgments upon things and other people we interfere with the natural vibrational frequencies or consciousness energy that make up who and what they are. For what we **believe** and **perceive creates** the conditions under which we **operate**.

The contents of our consciousness constitutes *the degree of our psycho-spiritual awareness, our insights, beliefs, thoughts, feelings, perceptions, knowledge, standards and morals of behavior, and*

make up **the values from which we build our lives**. Therefore, if we want to change our lives, we must start with our consciousness. The ego profoundly limits the extensiveness of our perceptions, since it forces our consciousness to focus exclusively on our own needs and survival. Our ignorance of electromagnetism, which is a fundamental law of existence, has been the source of human suffering of every kind. Escape from our unconscious creations of human suffering is only possible when we lift our mind into purer perceptions and higher states of consciousness, freeing it from the limitations of the ego.

When we use this **mirror technique** as an **accountability** tool to see into our own **consciousness**, it can prevent us from **projecting** a reality from negative thoughts & emotions. However, unprocessed emotions will only lead to unresolved conflict and ongoing negative loops. For this reason, we must clear our consciousness from the emotions that will only produce unpleasant realities. The only way to do this is to allow ourselves to **fully feel the emotions** just as they are without shame, guilt, or judgment, then we can **free them** and allow healing to occur. Consequently, it's important not to disqualify the **important role our emotions play**.

## EMOTIONS

Emotion is one of the most **important faculties of the human mind**. As a **powerhouse** of the mind, emotion drives the other 'faculties' of the mind, including **memory, intelligence, intention, creation**, etc. E-motion is '**energy in motion**' and is the **energy that fuels our thoughts** and gives them **power**, putting them into **motion and creation**. However, without intense feeling, our emotions will not effectively engage our brain's neural pathways. Because of the effects of emotion on perception, thinking, and behavior **emotional energy has the power to encode our memories and form associations** that bind us to our life experiences - whether positive or negative, pleasant or unpleasant.

Together, **thought** and **emotion form a belief and combine** into a **power surge** that is capable of **boundless possibilities**. Through the process of "**genetic recoding**", we can **eradicate beliefs and emotions that produce negative outcomes and restructure our mind with beliefs that work to our advantage**. When we have a thought accompanied by a feeling *thru neural encoding*, it forms a belief producing a subjective or *conditioned* perception that becomes rooted in the subconscious mind-- creating a perceptual reality for each of us-- be it pleasant or unpleasant. It's simple neuroscience, really! Our beliefs subconsciously control our behavior through our thoughts and actions which can either **empower** or **disempower** us. **So. which faulty beliefs and emotions would you like to recode?**

Many of our stubborn beliefs and rigid paradigms that cause most the resistance are the ones that were genetically transferred and passed from one generation to the next - which is a result of TEI and a process known as transgenerational epigenetic programming (TEP), *“like believing you will never improve at something or overcome a particular challenge”*.

Cycles of generational programming continue to perpetuate like a broken-track repeating unless we make a proactive choice to put an end to it. We can refer to the rigid beliefs as the ones that stick with us or leave sticky memories. Would you prefer you kept these stubborn beliefs conditioned by epigenetic programming that are holding you back, or do what it takes to change and finally recode them?

If you see blocks in your own life, you're not alone. We've all been there... and it's a natural process of individual growth that will eventually lead us *toward* our **SOULWORK** to address core healing with our wounds and attain liberation in our personal lives. Generational Healing really is our soulwork.

*The definition of psyche is: “The human soul, mind or spirit”. Therefore, psychology means the study of the soul. Psychological practices should address healing on a soul level that reaches the subconscious mind - including beliefs and emotions.*

## OUR PHILOSOPHY

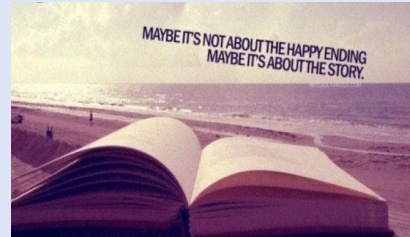
Our Philosophy rests on personal empowerment. Like the Chinese proverb suggests: **TEACH** others **HOW** to fish **RATHER** than feed them for a day, which creates *dependence and reinforces disempowerment*. This is the model in which many businesses operate to create repeat business and dependency.

Conversely, we want to show you how to use **empowering recoding strategies** to enhance the quality of your life that is **lasting** and not just a quick fix or a short-term solution. Those who have applied and successfully completed these healing strategies, were able to successfully overcome their limiting beliefs and genetically recode their blocks to fulfill their latent potential and experience success by living their soul purpose. When utilizing these strategies for your own life, problems and obstacles can begin to naturally & quickly resolve themselves.

**For example, if you fell into a trap...** would you want a medical prescription or a risky surgery, hoping it'll help you out of that trap? Or, perhaps, you want someone who can relate and has been there to show you the strategy that helped them out of that trap? We've been there and we're here to show you how to recode negative beliefs and inherent subconscious programming that leave you in a trap, which can help you heal from negative generational patterns once and for all.

## OUR STORY

We were led on a holistic path to remedy our own recurrent trauma from adverse childhood experiences, using natural approaches. Experiencing birth trauma as twins, we also faced autoimmune disorders that produced other chronic health challenges, which led us to pursue an education and career in Natural Medicine as Holistic Therapists and Practitioners. This taught us to address the whole scope of the individual on a multi-dimensional level (“Spiritual, Emotional and Physical”).

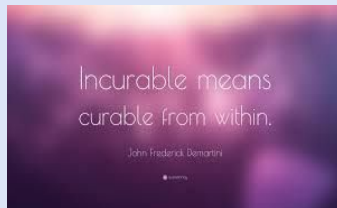


After 20 years of working with a multidisciplinary team of professionals, we developed a very broad background in the healing profession and had the privilege of implementing each of these therapeutic strategies with our own clients. As a result, we discovered that epigenetic inheritance was the common thread underlying each individual's core challenges and faulty programming. After designing holistic and therapeutic programs that were successful for us and our clients, and witnessing their breakthroughs- we decided we needed to make them available on a larger scale while producing rapid results. So, we compressed them into a shortcut system using our **P.A.N.A.C.E.A. Model**. *The definition for Panacea is - a remedy for all ills or difficulties: cure-all.*

Having these healing strategies at our immediate disposal became powerful tools in our profession that allowed us to follow a **system** designed to empower anyone who has undergone challenges- in *a spiritual, emotional, or physical* capacity. These empowering decoding tools can pull others out of the same trap we were once in and will help rewire their mind for success. This was how we crafted our courses and signature healing programs. These self-study, e-courses are also designed to train coaches and therapists to become an expert in their field through **genetic recoding**, and expand these empowerment strategies on a wider scale.

The Genetic Recoding™ system and **“Generational Healing” Courses** were drawn from organic, personal life and professional life experiences (*from our personal inner workings and that of our clients*), which inspired a mission of guiding others through their adversities to gain victory over their genetic predispositions and experience breakthroughs. We want to impact more lives and are limited to how many we can fit into a clinical space. With online programs, we have the privilege of inspiring change and creating impact in a massive capacity. We feel honored to help as many of those we can reach with these unique and proven healing systems and signature courses.

Each of us can heal from generational patterns using the process of “genetic recoding”, which is a therapeutic process contained in our signature courses and PANACEA Model. This biological process naturally alters the gene expression when transforming faulty heritable programming (e.g., TEP and TEI, as well as transmitted trauma from earlier generations).



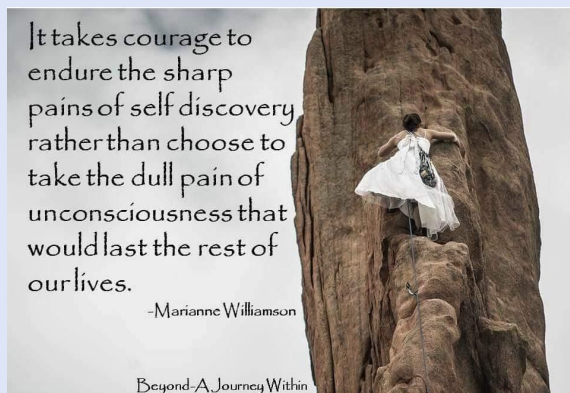
**These strategies can guide you in signaling the precise gene expression to activate your healing**, since there are no answers or cures outside of you. It's our desire to help others to no longer prolong their dreams, but achieve their happiness and greatest fulfillment. Once we do our own soulwork, we can then once and for all...

- Align to our profound purpose,
- Add greater value by making a positive impact on a larger scale,
- Begin to unlock our full potential,
- Achieve a greater sense of self worth & become self-actualized.

*“Know from whence you came. If you know whence you came, there are absolutely no limitations to where you can go” ~ James Baldwin*

The old English Proverb, "You don't know where you're going until you know where you've been", illustrates the profound soul discovery we can embark on with generational healing. The majority of us wait to do our soulwork, but the shortcut solution is to **START** with **GENETIC RECODING** to heal generational programming and instantly get to the root of the matter - mastering our lifelong problems.

**The Origin of the word “Generation” is “Genesis/Gene”, which means: beginning, source, or seed, and emphasizes that “Genesis” gets to the source to begin our healing journey to both prevent and transform the heritable genetic “seed” moving forward successfully.**



No one is an exception. Even if we have a good relationship with our parents or admire them, everyone has negative programming that they inherited from both of their parents and grandparents, or other ascendants that are creating self defeating patterns. The **sooner we complete our soulwork**, reprogram negative beliefs, genetically recode better mindsets and behaviors, the sooner we can enjoy healthy, soulful living while instilling positive, successful habits.



By engaging in our inner soulwork through the process of GENETIC RECODING, we HEAL the entire generational system, prevent the same needless hardships and lifelong pain of family patterns for our families, loved ones, and offspring. As we use effective psychological strategies and mind power to heal our traumas, we activate our own healing and turn off faulty gene expression from corresponding inherited distortions. In other words, healing family patterns in turn signals healthy gene codes for optimal healing - repairing DNA.

(Wikipedia: DNA repair is a collection of processes by which a cell identifies and corrects damage to the DNA molecules that encode its genome).

Since we chose to be the chain breakers in our own family, our personal sacrifice was made to dedicate this work as our life's calling by fulfilling our soul work with *Genetic Recoding* rather than pass down the generational seed to our own offspring. So, we co-authored this advanced healing system not only for our benefit, but making it accessible on a wider scale so that it's possible for others to activate their healing as well. Our proven PANACEA Model is a shortcut system that will allow you to naturally experience breakthroughs in your personal life from limitations that are holding you back from a more fulfilling and freer life. So we're thrilled for this opportunity to bring these solutions forward to share with those who would also like to gain the same benefits, and experience success just as we and many others have. We've simplified these strategies by creating shortcuts to move into this deeper work. Our minds have been wired to stay in familiar "comfort zones" avoiding what's "unfamiliar", causing us to relive the same stories of yesterday and preventing us from new opportunities of growth for today and tomorrow.

Now that we have introduced you to *Genetic Recoding*, let's give you a chance to reflect on your OWN generational patterns through "**relationship mirrors**". Instead of reliving the same lessons, let's overcome challenges to get out of struggle and step into the freedom of breakthrough living with more ease and flow through personal mastery.

In PART II of this course, we will **guide you through the process to *Genetically Recode Subconscious Beliefs*** with these **7 internal shifts**:

- How to identify and decode your trapped emotions from unmet childhood needs
- Identify core beliefs that are transferred genetically from generation to generation causing you self-defeat (causing you to be genetically predisposed to specific conditions).
- How to recode this faulty programming, enabling you to signal/activate internal healing and help you thrive
- Understand why this is the greatest challenge you were born to overcome (reach your potential)
- Gain awareness around your blind-spots that appear as conflict in your inter-relational dynamics, i.e., partners and spouses.
- Leave the mass hypnosis behind that paralyzes your potential
- Clear away inherent and social programming to ignite healing and purpose
- Dissolve common misconceptions toward personal success

- Heal generational and interpersonal relationships using a healing model, perceptual reframing, and the “mirror technique”.
- and align to your authentic purpose to advance your potential

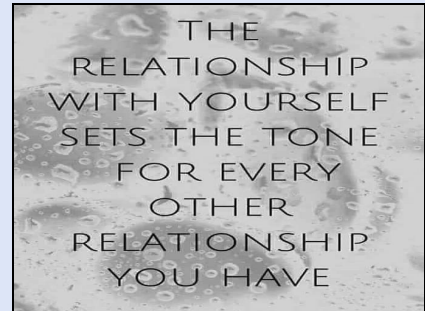
**S0... if you're ready, grab your workbook or a notepad  
and let's cover these 7 internal shifts now!**

# PART II

## STEP 1. IDENTIFY YOUR KEY PLAYERS

*Remove trapped emotion and rewire negative default programming through strategies found in Genetic Recoding.*

A profound way to begin identifying blind-spots in our generational patterns is by applying the “mirror technique”. Discover who the “key players” **are in your life and why all relationships reflect the relationship you have with yourself**. Our parents leave an imprint influencing how we relate to others, as well as the relationship with ourselves, so we must start with the **mirror of the parent-child relationship** to get beneath the surface. For many, this mirror will translate from our parents’ to that of other authority figures, siblings, and more specifically **spouses** or **significant others** until it is transmuted. **With the mirror technique, we can Identify who our key players are that have played a key role as catalysts shaping us into who we are meant to be— then, utilizing these inner strategies to overcome our core challenges**. Begin this step by making a list of each of your key players, challenging and catalyzing your growth potential based on the relationship mirror, including your parents. This leads us to the next step.



- 1.
- 2.
- 3.

## STEP 2. DIGGING DEEP TO DECODE EMOTIONAL BLOCKS

*Here, we'll uncover the blind-spots to unresolved emotions so we can address the root cause of challenges.*

Inherited beliefs and **unmet childhood needs** are **responsible** for shaping the majority of our behaviors and **core beliefs** because they were both **modeled** to us and **transferred** genetically. For this reason, and especially for those that were raised by their parents, inherited dispositions can be the most stubborn emotional patterns to overcome. Unmet needs evolve as a result of the child seeking the love, affection, comfort, or protection of the parent during difficult times and **perceiving** those needs as not being met. For example, a child may get hurt and run to the parent for emotional support to feel comforted and

protected. This act helps the child to feel safe and worthy of the parents love. If the child feels his/her emotional needs were dismissed or overlooked, s/he may not be able to self-regulate his/her emotions, but develop maladaptive coping responses as a result of the ego's protection mechanisms, regardless of whether the parent did his/her best to adequately meet the child's needs at that time. We will additionally explore how to deconflict and address the negative effects of maladaptive responses resulting from **core inherited beliefs, unmet needs, and family patterns**.

Take mental inventory and notice what people or events activate certain emotional triggers. Primitive emotional reactions as illustrated in this triangle are from distorted beliefs and epigenetic programming that serve as internal mirrors into our blind-spots, unresolved emotions, and “unmet needs” from subconscious programs, which is necessary to uncover in order to restore wholeness and emotional integration. These perceived voids disguised as our “unmet needs” are generally where our “hot buttons” are found. To assist you with this step, refer to the diagram of **KARPMAN TRIANGLE**. The “Drama Triangle” (victim, rescuer, persecutor) is a social model that was conceived by Stephen Karpman in 1968 that describes our codependent cycles and power-struggles existing within primary relationships.

The **Karpman Drama Triangle** maps the archetypes of the dysfunctional social roles that can regularly occur between people in conflict that each of us can relate to during these times. Although it illustrates extreme examples of our maladaptive responses in these 3 roles, codependence is a natural part of our emotional development until we reach personal empowerment via accountability. These roles signify primal reactive patterns where we often find ourselves either giving our power away or attempting to gain power from others, and alternating between these roles. Now, let's take a closer look to better understand ourselves and where our codependent behaviors come from, which will help explain why we continue to attract certain types of people and repeat lessons in our life. Pay attention as we cover the attributes of these archetypes and consider who this might pertain to in your life and which role applies most to you:

## KARPMAN TRIANGLE



# Archetypes

## The Persecutor:



The Persecutor dominates and plays the role of the authoritarian. *The Persecutor insists, "It's all your fault"* and uses attacking behaviors toward the Victim, such as criticism and blame, sets strict limits, can be controlling, bossy, rigid, authoritative, angry, manipulative, and unpleasant. Persecutors keep the victim feeling oppressed through threats and bullying. In terms of resilience, persecutors won't bend or be flexible, can't be vulnerable because they fear the risk of being a victim themselves. Persecutors yell and criticize, but they don't actually solve any problems or help anyone else solve the problem.

## The Victim:



*The Victim's stance is "Poor me!"* The Victim feels oppressed, helpless, hopeless, attacked, powerless, victimized, ashamed, and seems unable to make decisions, solve problems, take pleasure in life, or achieve solution-oriented insight. Victims will seek out a Rescuer who will save them from a Persecutor- but also perpetuate the Victim's state of helplessness and negative feelings.

## The Rescuer:



*The rescuer's line is "Let me help you."* Rescuers are classically codependent and enablers that feel guilty if they don't go to the rescue, but fail to meet their own needs. Rescuers are frequently agitated, overworked, tired, caught in a martyr style while resentment festers underneath. Although the Rescuer is well intended, their rescuing has negative effects: It keeps the Victim dependent and gives the Victim permission to fail. The rewards derived from the rescuer role enables them to ignore their own issues, unconsciously disguised as a concern for the victim's needs (Graham, 2017).

Each of the archetypes in this model fail to understand their self-perpetuating behaviors or perceive the power to change their circumstances - defaulting to specific archetypal roles and sometimes alternating between roles. Although we may identify more with a primary role, we typically rotate between roles throughout different scenarios in our life. Regardless of what position we start at in the triangle, all roles inevitably originate from



and end up in the victim position because these roles exist from the constructs of unconscious power struggles that arise from a lack of personal empowerment and accountability - describing our codependent relationships. Unconscious processes are typically inherited and run our primitive fight or flight responses driving our emotional reactions and behaviors. This results in us using what Dr. Greg Baer calls “Getting and Protecting Behaviors” in his “Essentials of Real Love” series. Acting like a victim, blaming, lying, running away, or attacking are examples of “Getting and Protecting Behaviors”, which you will see demonstrated throughout the Karpman Drama Triangle with the 3 archetypes and their attributes.

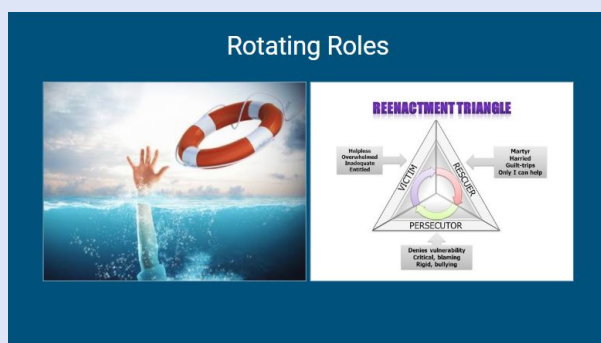
## Attributes of the Victim Archetype



Victims believe that things are outside of their control and happening to them. The Victim feels oppressed, helpless, attacked, powerless, sorrowful, and victimized by a Persecutor, which can be a person or outside circumstance. Victims can seem unable to make decisions, solve problems, take pleasure in life, or achieve solution-oriented insight. The Victim often takes the responsibility for the pain or emotional burden that was

transferred onto them from the Persecutor, perpetuating feelings of helplessness and negativity. This is one way in which Victims unconsciously give their power away to the Persecutor, placing themselves in the victim/martyr role due to a core belief of feeling powerless to others' control or outside circumstances. Because they fear acting like a Persecutor, they believe that it is more noble to be a “victim” than a “persecutor”. As a result, they learn to take emotional responsibility for others, causing overwhelm for carrying these heavy burdens. Victims will seek out a Rescuer who will save them from a Persecutor- but also perpetuate the Victim's state of helplessness.

## Rotating Roles



To further illustrate this triangle and the rotating roles, when the rescuer tries to save the victim from a persecutor it subconsciously implies to the victim that they are incapable, which also causes them to feel powerless because victims lack confidence in their own

capabilities. Therefore, the victim will begin to resent the rescuer, and the rescuer will begin to feel unappreciated for all of their hard work and effort in saving the victim. The rescuers resentment will begin to fester causing them to be angry toward the victim, rotating them to now begin acting like the persecutor with blame and anger toward the victim. Now they have both fallen prey to the victim position - unaccountable for each of their part. Victims may also find themselves turning to those less fortunate or in need of saving, commonly younger individuals or pets because they can identify with the same feelings of helplessness and want to feel useful or more significant, therefore alternating to the rescuer archetype themselves.

## Understanding the Victim



Generally, Victims have suffered from some form of abuse or hardship, whether in youth or early life. Children are unable to defend themselves against the abuse of offenders or perpetrators and do not deserve the harm or emotional neglect they have been subjected to. The pain from abuse or neglectful experiences are difficult to overcome.

Psychological abuse from parents, teachers, peers, caregivers, or others who demean,

bully, criticize or humiliate the youth can inflict serious, long lasting injury. Both inadequate attention and malnourishment from neglect can interfere with proper emotional and social development.

Compassion, understanding, and most of all validation is extremely important to those who have been victimized and is a crucial part of their healing. They seek the love and understanding that they once lacked from genuine human care and affection. They need to understand that it is okay to feel the way they do and that what happened to them was disempowering and not an appropriate act of love. To help them heal, the victim needs to extend the level of compassion and understanding for themselves that they seek in others. As they gain an understanding of their perpetrators behavior in return, this will minimize their fear so they can end this Victim/Persecutor pattern and reclaim their power rather than continue giving it away by fearing persecutor types.

It's important to note however, that there are limits to how much validation a person should require. There comes a time when our deep-seated need for compassion or validation can form long-standing grievances or turn into attention seeking and cripple our ability to heal and receive the help we need. Victims can get caught up in self-pity and look for the sympathy of others in their quest to feel validated. This can lead to entitlement behaviors in some victim archetypes, especially if they were coddled during times of

hardship or illness. This can cause them to behave charming or manipulative to get their way or get others to do what they want in their ongoing endeavor to feel validated. There are multiple ways in which victims will seek validation, and this is a common way that an enabled personality will deny responsibility and seek sympathy or attention.

Frequently, victims of abuse suffer from a poor self-esteem which can grow to feelings of self-hatred because abuse often leaves them feeling useless, unloved, and unwanted causing them to become vulnerable to depression, suicide, or psychosomatic illnesses. In an effort to cover up their emotional pain and insecurities, over time, they may try to find an escape by turning to addictions, or they may turn to pride; which is a false sense of security and an attempt to cover hidden insecurities. Or they may use “Getting & Protecting Behaviors”, which they do for the emotional reward. For instance, Dr. Greg Baer explains that “Victims are frequently feeling sorry for themselves while looking for validation due to the payoff to acting like a victim. If we can convince people that we’ve been wounded and treated unfairly, they’ll often stop hurting us and give us their sympathy, attention and support. That’s why we act like victims and have played this role at different points in our life”.

### Empowering the Victim Archetype

#### Empowering the Victim Archetype



When Victims deny their own wants and needs, take the blame for everything, and give in to whatever the other person wants - even if it contradicts their desires - it perpetuates this role. It also keeps them from being responsible for their own fearfulness and passivity. Ultimately, the victim needs to reclaim their power by asserting stronger boundaries where they are less susceptible to absorbing the

distress or emotional weight of others. Victims need to face their fears and take new action, even if it means allowing others to empower them with new skills in the areas that this archetype feels inadequate to engender greater confidence in themselves. Once they gain confidence in themselves and provide the emotional comfort and strength they desire from internal sources, it will prevent them from feeling like a victim and continually seeking validation or empathy from a rescuer.

## Attributes of the Persecutor Archetype

### The Persecutor:

Domineering authoritarian. "It's all your fault!" Attacks, demands, blames, projects, sets strict limits, controlling, bossy, rigid, angry, manipulative, unpleasant, threatens, bullies, won't bend or be flexible, can't be vulnerable because they fear the risk of being a victim themselves. Persecutors yell and criticize, but they don't actually solve any problems or help anyone else solve the problem.



(Masculine and dissociative reactive pattern)

Persecutors believe that no one is as dependable or responsible as they are and do not trust in others' competency. For this reason, they feel they should be in charge. In terms of resilience, persecutors won't bend or be flexible, can't be vulnerable because they fear the risk of being a victim themselves. Persecutors

can act like know-it-alls, yell and criticize, but they don't actually solve any problems or help anyone else solve the problem. The Persecutor uses a scapegoat to transfer the responsibility of his or her emotional burden onto the Victim through the use of attacking behaviors, such as blame, anger, and projection making it the Victim's fault. This is typically a learned behavior and once modeled in their environment. This is the Persecutor's unconscious attempt to gain power and control due to the core belief of feeling inadequate or not enough, and the fear of feeling weak or vulnerable.

## Unmasking the Persecutor

### Unmasking the Persecutor:

Behind every villain is a wounded inner child.



(Masculine and dissociative reactive pattern)

It is important to understand that *behind every villain is a wounded inner child*.

Persecutors were once the Victim themselves and may have suffered abuse or other types of traumatic experiences that are still unresolved. Traumatic experiences may even lead to a switch in personality where they will become the abuser or the perpetrator in place of the victim to protect themselves from further

harm or abuse. They resent having felt defenseless and retaliate with misdirected anger at others. We can think of the Persecutor as someone who was likely bullied in the past and subsequently became a bully as a protection mechanism. Therefore, the Persecutor role was a way for survival. Their fear is feeling weak and vulnerable, which is why they criticize the Victim, and the archetypal role of the Persecutor helps them to avoid that same dreadful fate or reality.

Persons who have experienced extreme trauma can tend to block out their pain leaving them dysregulated or fragmented. They may suffer from self-rejection for the person they really are because they were left feeling unwanted, un-liked and uncared for. This can

result in pseudo-identities, such as masked personalities or other dissociative identity disorders (DID) as an attempt to run away from themselves and don a false front to others. Their lack of concern or empathy for others stems from a lack of empathy in earlier years resulting in a disconnection of their own feelings and denial of their own pain.

## Understanding the Persecutor Archetype



**Attacking:** Persecutors are easily provoked to anger as a reaction and protection mechanism when it comes to dealing with their emotions, and commonly use attacking as a “Getting & Protecting Behavior”. Baer explains that, “Attacking is a behavior that motivates another person through fear and intimidation to behave in a way that we want. Projected Anger and blame are two

of the most common forms of attacking. For example, with our anger, we can get people to give us attention, respect, authority, power, flattery, approval, even sex. But of course, they’re giving us those things to avoid our anger, not from genuine love or affection. In addition to anger, we dominate and accuse by making people feel guilty, criticizing them, withdrawing approval, physically intimidating them, and using positions of authority at work, at home, and elsewhere, all in order to get a false sense of love and protect ourselves from fear”. These are examples of how Persecutors enter into power-struggles with others.

We are familiar enough with the expression “the guilty accuse”. Projection is simply a deflection of another’s own guilt-conscience because we can only perceive others through our own lens, known as cognitive filtering. Projection is a classic example of the “mirror technique”. Those that accuse don’t know any different other than what they know of themselves. The ego’s defense is blaming. Often when someone blames, judges, criticizes or belittles another it gives a false sense of power or control over others. Attempting to make someone else “small” or “inferior”, tricks the Persecutor into believing it will make themselves feel “superior”. The ultimate purpose of projection is always an attempt to get rid of guilt. Yet it is only a way to conceal it.

**Blame:** It is common to find ourselves blaming others for the misfortunes in our lives. We don’t realize that often our first impulse is to place blame somewhere else and believe that others are at fault. However, this will only add to our problems, while reinforcing our state of helplessness by limiting our resourcefulness and problem-solving skills that come through accountability. For some of us, we tend to take many things too personally, while others do not let things bother them as easily - adapting to difficult situations. Those who take things more personally will often make the mistake of believing they have suffered



more, because they dwell on it more. When others are not as upset as they are, they feel their pain must have been much greater and they feel justified in their resentment.

**Denial:** Feeling hurt is normal and is not a sign of weakness so long as we do not deny our feelings and can eventually heal and move on. We are being dishonest with ourselves when we don't take responsibility for our own feelings, especially if we're trying to place blame elsewhere. No one else is in charge of your emotions and how you respond to painful events except you. Blame is disempowering and keeps us trapped in a state of feeling like a victim. Blaming others for the way that you feel will only perpetuate the suffering and prevent you from the self-empowerment that is gained through accountability, which is how we heal. This means that you would prefer to be a victim rather than victorious over your life, because you mistakenly believe there will be a payoff. This kind of blame and anger will only keep us stuck in the victim and persecutor role along with prolonged bitterness that may even cause us to behave like a villain. Are you spending too much time dwelling on the wrongs in your life and failing to see your part? Is it time to make adjustments and stop blaming others, but instead confront the unresolved and trapped emotional pain that will enable healing in your life?

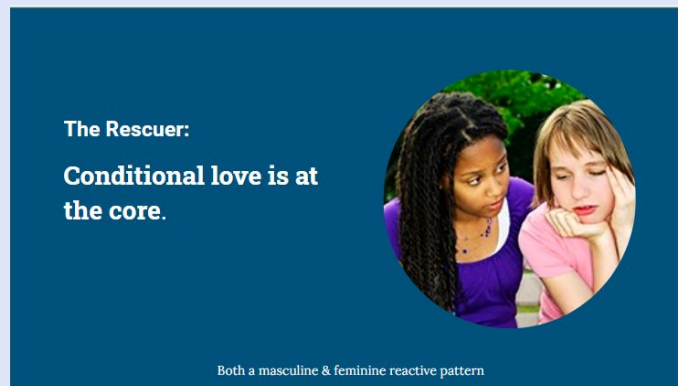
## Attributes of the Rescuer Archetype



Rescuers are frequently agitated, overworked, and caught in a martyr style while resentment festers underneath. Although the Rescuer may be well intended, their rescuing takes the Victims wings away, leaving them feeling incapable or powerless. The Rescuers desire to come to the rescue is rooted in their ability to empathize from the absence of others coming to their aid, however the rewards derived from

the rescuer role allows them to ignore their own issues. Their actual primary interest is really an avoidance and reflection of their own problems. A concern for the victim's needs prevents the Rescuer from taking accountability for their unresolved need. The enabler disempowers the victim by rescuing him/her, causing the victim to feel more helpless and powerless, sending the unspoken message "I don't believe in you", "you're incapable of doing this on your own", "you need me to help you" and so forth, all so they can feel needed. Although the intention is an act of compassion to prevent others from the suffering or struggle that perhaps they themselves have endured, this causes them to depend endlessly on others in need to validate their self-worth.

## Conditional Love Is At The Core



Although unaware, this archetypes inclination of “giving to get”, is a classic indication of conditional relationships that will establish unhealthy co-dependencies. Rescuers may not be aware that they operate from conditional love because this was all they’ve known. When people do not receive adequate unconditional love as children it leaves them feeling empty and alone. As a consequence, they

unconsciously want to feel valued or needed, which enlists them into these codependent relationship cycles of helping people in hopes to derive emotional security and feel worthwhile, but also superior to Victim’s.

In youth, if the rescuer had many consequences and conditions placed on them from the parent or care-giver, this was one way that conditional love was modeled and the rescuing became a programmed response to fulfill one’s obligations. Similarly, if the rescuer grew with an angry, manipulative, controlling, or abusive parent, the child may have developed a people-pleasing personality to avoid the hostility of the parent. Personality changes may also foster other unnatural identities, which can cause switches in archetypal roles. For example, an otherwise strong or assertive personality type may yield a passive personality where the individual avoids speaking up and voicing their true feelings for the sake of avoiding the same harsh realities or turmoil from their home life in youth. People-pleasing personalities may avoid authentic self-expression in fear of losing the love and approval of those they aim to win over. This is common in both the Victim and Rescuer roles.

Therefore, learning to say “no” and express their needs is a common lesson for both of these archetypes to establish healthy boundaries and honor forms of self respect.

Rescuers are avoidant types that run away from their problems for the obvious reasons of having a fear of facing them. Running is a “Getting and Protecting Behavior”. If we simply move away from a source of pain, we’re less likely to be hurt, so running becomes a way of protecting ourselves. Withdrawing, avoiding people or conflicts, leaving relationships, neglecting responsibilities, and being shy are all forms of *running* or hiding. Unknowingly, we also use “Getting and Protecting Behaviors” as a substitute for unconditional love to fill our emptiness with whatever feels good in the moment; commonly referred to as immediate or instant gratifications. We may also abuse money, anger, violence, food, sex, alcohol, drugs, and pursue other shallow things in place of Real Love to escape our pain and

fear. All of these consist of variations of: *praise, power and pleasure.*

Running comes from a lack of courage and strength to confront ourselves and our problems. A more chronic and severe method of escaping is when we mask our personalities in order to hide our true identity and appear as something we're not for something we perceive as more acceptable. Yet, it requires courage to confront our problems in order to overcome them. Courage is not fearing what any person will think of you, but having the integrity to



follow what's in your heart and is right and true for you. Avoiding conflict means avoiding solutions and problem solving—which is an essential life skill. It also requires unconditional love without the hope for personal gain, but rather mutual gain to reach a resolution. Have courage to be honest and courage to be real, which is the courage to authentically be yourself! Healthy relationships involve taking the risk of losing the approval of others by standing up and voicing our needs and desires, unveiling our true personalities, which would open Rescuers up to unconditional love in relationships.

Due to the conditions that were placed upon them, Rescuers feel it is their duty to take responsibility for others, often making themselves physically or emotionally available even if others are not there for them in return. Their hope in place is to feel *worthwhile* and appreciated. But instead this leads them to feeling bitter, used, and taken for granted. Rescuers tend to think of themselves as big hearted or giving to a fault. Yet, they derive their self-worth from others because they want to feel needed. Playing the role of the Rescuer can make us feel like a hero and give us the feeling that we're worthwhile and making a difference. Everyone wants to feel valued, needed, and worthwhile.

Many of us can relate to the Rescuer role because there are a number of ways that we can rescue that are either protective or over nurturing, which is both a masculine and feminine archetypal role. For instance, people can rescue others from various hardships whether emotionally, physically, spiritually, or financially, such as playing the family doctor, healer, preacher, savior and hero.

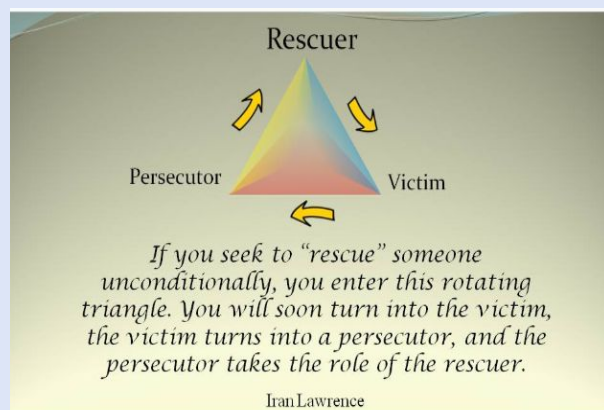
Fixing others is an unconscious way to avoid making corrections within ourselves and passively exercising control over others. The **attributes** of these archetypes, such as wanting to **save and rescue** (Rescuer), **hoping for empathy and understanding** (Victim), **seeking power and recognition** (Persecutor), are clues as to how we can express and give greater unconditional love to ourselves because it is reflecting what we are lacking emotionally.

Our good intentions to save or rescue other people will only cause more harm in the process because it will add to our existing burdens and cause us to take others' power

away, keeping this entanglement going. Rescuers will eventually feel unappreciated and over burdened with no apparent payoff. So, as we can see, the attempt to save others from their struggle is equally damaging to the Rescuer as it is the Victim. Relieving themselves of this role helps to remove the burdens that do not belong to them and also prevents the victim from taking advantage of those intending to help.

In place of rescuing, we can rise by lifting others *through* empowerment. For example, we can assist others by creating scenarios that are mutually beneficial, not placing oneself above another. When we exercise our faith in others such as believing in people who might find themselves in a Victim position, then we can create positive outcomes that are empowering in the lives of both involved. When we let go of wanting to feel needed by others and attempting to generate value by saving them, we can achieve healthy and rewarding relationships. Breaking from these roles allows us to develop true unconditional love, free from attachments and egoic impulses, deriving worth only from the self, which can eliminate the unhealthy dependency on one another.

## Triangulation



Initially, a drama triangle arises for a couple of reasons: When three parties enter a group or triad and a power struggle ensues because one or more players become threatened or feel insecure in the group. This may take the attention or control away from one of the players. The feeling of "three being a crowd" can produce a power-struggle causing a triangulation to occur. It only takes one person to cause the triangulation with the other parties involved.

Another common case is when two people find themselves in conflict with one another they will reach out to a third party. The third person assumes an outside position. Typically, a person takes on the role of a victim or persecutor when a two-party relationship is experiencing tension. One of the party's then feels the need to enlist other players into the conflict. As what often happens, a victim will seek out a rescuer to enter the situation to help reduce the tension, thus triangulation will begin to occur " (Wikipedia contributors, 2018).

These enlisted players take on roles of their own that are not static, and therefore various scenarios can occur. For example, the victim might turn on the rescuer, the rescuer then

switches to persecuting. **Participants in the drama triangle first learn their habitual role in their family of origin that develops as a result of dysfunctional interactions within family patterns, starting with the father-mother-child triad and sibling relationships** as shown in Bowen Family Systems Theory (2018).

## Hidden Reward



Each position in the triangle has a hidden *payoff* for those playing it. They each get their unspoken psychological needs met in a manner they feel justified, without having to acknowledge the broader dysfunction or harm done in the situation as a whole. This is where the codependency lies.

The **Rescuer** is someone who has a covert motive and is actually benefiting egoically in some way from being "the one who rescues" and appears to make great efforts to solve the problem. Rescuers foster dependency to feel important and get a self-esteem boost, receive a respected status, or derive enjoyment by having someone trust and depend on

them – causing them to feel superior, but at a deeper level plays upon the victim in order to continue receiving a psychological payoff of feeling important and needed.

The **Victim** gets their needs met by feeling safe and rescued from the Persecutor and having the Rescuer take care of them. They want to feel understood and treated fairly, explaining why they're innocent and their situation was unjust. They seek validation, sympathy, attention and support in place of feeling wounded and victimized.

The **Persecutor** derives a false sense of power by taking charge of people and situations. Consequently, it prevents them from being at the mercy of others, helping them to avoid feeling defenseless or appearing weak and vulnerable, using the Victim as their scapegoat instead of taking emotional responsibility and accountability for their hurt, pride, or anger.

Persecutors and Rescuers need Victims to build their own sense of power and superiority, and victims need rescuers and persecutors to reinforce their sense of helplessness and powerlessness. It's an ongoing codependent cycle. **When we behave like the Persecutor or Rescuer we use control and manipulation, which are common drama and power struggle behaviors as an unconscious attempt to derive power from others.** Yet this power source is outside of us and causes us to depend on others for our source of power. Again, this is an ineffective strategy that only feeds the insecurities of the ego – as opposed to building on true inner peace and emotional security. **When we behave like Victims, we believe that**



**things are outside of our control and happening ‘to us’, giving our power away to others or our situation.** The *antidote* then, to these drama-intense relationship transactions rests on **personal empowerment** when discovering the emotional rewards that perpetuate the codependent patterns and depriving the players of their payoff, or by eliminating the dependence on the emotional reward (Wikipedia Contributors, 2018).

## Reflection

Who do these roles pertain to in your life? Examine yourself closely to see which role applies most to you and who plays the other characters. The drama roles we undertake are completely subjective, as we rarely consider the habitual patterns and relationship dynamics we have with others, but rather assume that conflicts and problems are someone else's fault. Although the behaviors of these archetypes are unconscious, their attributes clearly present our codependent relationships with one another and pertain to each of us.

1. While there's most likely no malintent, awareness into our personal behaviors is the first step to our transformation. Can you find the common thread hidden in each of these roles, that beneath each of them is a wounded inner child - a victim, needing to feel unconditionally loved?
2. Are there specific people in your life that heighten emotional triggers more than others? Knowing this will be significant as we explore the next step and should help enhance deeper self-awareness.
3. What is the emotion(s) this person, or event activates in you that leads you to play this role? Trace the emotion to the core or primary limiting belief this event or person is triggering within you. Oftentimes, it requires us to search deep into our psyche to discover the answers that will help us decode core emotions and belief systems.

\*Refer to your FREE reference guide 'Genetically Recode: Core Emotions & Subconscious Beliefs' to further assist you with this step. [Click to open or download here:](#)

### **Examples of the most common limiting beliefs include:**

1. *I'm not smart or educated enough*
2. *It's selfish of me to want more*
3. *I don't feel that I deserve it*
4. *I'm afraid of trying & failing*
5. *I need money to make money*
6. *I don't have the willpower*
7. *I've already tried everything*
8. *There's not enough for me*
9. *I don't have any control because things are happening to me*

There is typically one or more core beliefs underlying each of these examples, common on a collective level.

4. Before moving on to module 2, rate the severity of the emotion, problem, or complaint, such as the level of discomfort or anxiety you feel associated with your core belief(s) from 1-10; 10 being the highest level of intensity and 1 being the lowest. At the conclusion of this introductory course, we will reevaluate the severity of this problem or complaint to examine the level of progress you have made after completing this introductory course.

# MODULE II

## GENERATIONAL HEALING

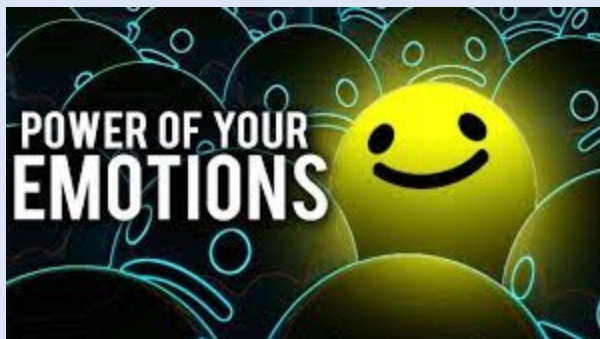
### EMOTIONAL RESPONSES

Now that you've had a chance to reflect on some of your unmet childhood needs by examining 'Core Emotions & Subconscious Beliefs', evaluated codependent behaviors using the Drama Triangle, and have rated the level of impact these issues have had on you, let's explore common maladaptive responses to these core emotions and beliefs. These emotional patterns play out like a broken record throughout our life in primary and intimate relationships. Our unmet needs leave an emotional scar causing us to behave with emotionally maladaptive responses (i.e., emotionally reactive, dissociative, or disconnected from self and others).

The following are the types of emotional responses adapted from Emotion Focused Therapy formulated by Les Greenberg and Sue Johnson in the early 1980's that represent interaction patterns found between partners and in intimate relationships that can help you identify some of your own. The goal is to avoid reinforcing negative cyclical patterns by recognizing emotional reactions or responses that are produced by common negative beliefs and inherent programming resulting in unfavorable outcomes to that of establishing emotion regulation as an adaptive role in emotional wholeness and healthy human functioning. With effective and practical healing techniques and strategies, we can self-regulate by developing emotionally adaptive responses and increased self awareness initiating positive outcomes in our intimate relationships.

- **Maladaptive (Unhealthy) Emotional Responses:** are generally dysfunctional responses based on emotions conditioned from our past that are no longer useful, and are often formed during traumatic experiences or a consequence of inherited behaviors. Maladaptive responses are a result of unresolved, suppressed emotion that lead to unhealthy coping mechanisms including: addictions, escapism, depression, anxiety, dissociation, bitterness, grievances, jealousy, psychosomatic illnesses, and other manifestations.
- **Reactive Emotional Responses:** are when a different emotion occurs after the first emotion. Reactive emotions are a defense against feeling the deeper, more painful emotions that we are afraid to witness, experience, and process such as feeling anger to avoid sadness or hurt, or fear to avoid anger. Reactive responses include codependent behaviors that induce power struggles with others such as, persecuting behaviors (attacking, blaming, accusing, judging, criticism, pride, anger, dominating), rescuing behaviors (denial, resentment, superiority, enabling, overdoing), victim behaviors (defensiveness, justifying, rationalizing, & helplessness).

- **Manipulative Emotional Responses:** are experienced and expressed when we learn that our positive or negative emotions have an effect on others. We might express emotions to get someone to pay attention to us, to get them to do something for us, to approve of us, or perhaps most often just not to disapprove of us. Using threats, blame, anger, or an attempt to assert power over others are common examples of manipulative emotional responses (sometimes referred to as “instrumental” emotional responses), and are a classic indication of power-struggles that exist in the context of conflict.
- **Adaptive (Healthy) Emotional Responses:** are beneficial emotional responses to life. For example, sadness about a losing a loved one, anger in response to a violation, and fear of threat all lead to needed change and taking powerful action.
- **Emotional Self-Awareness** is the ability to recognize and understand one's own emotions. People with this competence are able to identify subtle differences in their emotions and know how their emotions affect their behavior, decisions, and performance (Klammer, Depth Therapy, 2017).



**Are you** tuned in and **connected to your emotions and feelings?** And are you skillfully able to authentically express yourself, or are you emotionally suppressed and disconnected by avoiding emotions creating unhealthy or maladaptive responses? To enhance our self-awareness, it is also vital to both practice being present to our emotions and honoring them rather than escaping or trying to anesthetize them, which will only

bury them alive to suffer the repercussions at a later time. We cannot move forward in life and onto healthier relationships or expect better results until we **heal from our past** and the beliefs that are producing undesirable outcomes. We will continue to repeat the same lessons from the errors in our thinking until we face our shadows. The result of our current relationships and experiences are a direct result of our inherited programming and distorted thinking.

**Yesterday's failures become the consequences of our tomorrows.** We can't move through what an experience is meant to teach us if we're blocking or suppressing our core, primary emotions. To be human is to feel alive, which is to fully feel every emotion - so there's no shame in having emotions, only in how we choose to manage them. Emotional disconnect may result from abuse, emotional pain, disappointment, fear of rejection or ridicule, repeated experiences of feeling rejected by significant people in our lives, or any situation entailing overwhelming emotions. Being ridiculed or made fun of in childhood can present

as shame in adult life, which may create a conditioned belief or programmed response. The emotional shut down acts as a protection from any chronic or mounting stress the individual would otherwise experience (Cook & Young, Vo-Cal Manual, 2008).

It's imperative to give ourselves permission to process our emotions so that they aren't buried alive and we suffer emotional disconnection and other symptoms. Civilized societies reinforce a model of escaping our emotions by running away, avoiding or ignoring them, which is not a solution to the problem, but the cause and consequence of our problems. It's a poor coping mechanism. **When we do not choose adaptive responses by confronting our emotions in the moment, we put off dealing with them later and they surface in the form of psychopathologies and maladaptive responses.**

## EXTERNAL VALIDATION

As a result of maladaptive behaviors, whether inherently or socially, we've been programmed and conditioned to turn to things outside of ourselves for answers and to seek validation for our self worth, starting with the approval of our parents or caretakers. Because of our tendency to avoid our feelings in response to emotional wounds from unmet childhood needs, we often attempt to fill this "perceived void" with external validation, trying to gain power externally vs. accessing our internal power, unless we become aware of it and develop new empowerment strategies, (e.g., genetic recoding & perceptual reframing), that can enable us to heal the "wounded inner child". Because external validation is innate in us all, it is helpful to discuss this in further detail. This is particularly important if you frequently feel derailed by inevitable challenges or have the propensity to hang self-worth on what others think. Common ways to seek validation outside of ourselves by attaching our identity or self worth include using:

- **money,**
- **education,**
- **identity,**
- **appearance,**
- **titles,**
- **material possessions,**
- **The status of a relationship, or experiencing repeat lessons in partnerships,**
- **External stimulus,**
- **Escapism by over working and busyness as a false sense of fulfillment or self-worth,**

Ego	vs	Soul
Ego seeks to serve itself,		Soul seeks to serve others.
Ego seeks outward recognition,		Soul seeks inner authenticity.
Ego sees life as a competition,		Soul sees life as a gift.
Ego seeks to preserve self,		Soul seeks to preserve others.
Ego looks outwards,		Soul looks inward.
Ego feels lack,		Soul feels abundance.
Ego is mortal,		Soul is eternal.
Ego is drawn to lust,		Soul is drawn to love.
Ego seeks wisdom,		Soul is wisdom.
Ego enjoys the prize,		Soul enjoys the journey.
Ego is cause to pain,		Soul is cause of healing.
Ego rejects God,		Soul embraces God.
Ego seeks to be filled,		Soul is eternal wholeness.
Ego is Me,		Soul is We.

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**Inadvertently or not, we often use people to feel validated and fill our own sense of emptiness** in an attempt to generate emotional security and satisfy unmet emotional needs through acknowledgment, approval, validation, or recognition from others. Seeking external validation describes the disempowering and codependent nature of maladaptive behaviors and is how many people approach love in intimate partnerships. It is a common misconception in society's matrix system. Many of us make the mistake of “filling our plate” to fill our sense of emptiness, rather than “fill our cup” first. This becomes an act of codependency until we learn to turn within. There's no benefit to looking outside ourselves for answers to meet our needs or seek validation. **The standard human need is “to love and be loved”.** All of our core emotional needs stem from this vital human need. Every intention/behavior is rooted within one of these two fundamental needs. We all need to feel loved and acknowledged. **Without these vital needs, we wither, and so do our relationships. In other words, our emotional needs are imperative. In fact, we spend our entire lives trying to have them met, which becomes the driving force behind every behavior and intention. So, in essence, every human's underlying need and desire is for real love; which is unconditional.** Yet, real love is given, not taken. Not needy and not self-seeking. Unconditional love needs to first come from within, before attempting to attain it from others in the form of acceptance, approval, or validation. Our ‘unmet needs’ are only illusions of our perceived voids from our childhood programming until we fulfill them within ourselves and are no longer at the mercy of others or anything outside ourselves.

Many of us engage in fear-based, ego-driven love due to operant conditioning, because that's how it was modeled and transferred epigenetically. As a result, we come from a place of need and lack, rather than from abundance, fulfillment or giving. Fear-based living is what we've been taught in mainstream society. Looking for outside validation or answers is an ineffective coping strategy and induces more patterns of addiction or codependency, and more than likely originated from inherent patterns. The source of validation we turn to will most likely be determined by the co-dependent nature of our epigenetics and could determine our love language type, depending on the void we felt. The cognitive distortion of needing outside validation eventually teaches us to discover our own intrinsic wisdom and self-worth, which isn't tied to external factors or what others think, but most importantly how *we feel* about ourselves within our own self regard.

### STEP 3. GIVING YOUR PAST PURPOSE

**Our perceived voids are at the core of our beliefs and are present within each of us.** Your unmet need may have been physical or material, such as suffering from an injury or living in poverty, but it left an **emotional scar** and that is the unmet emotional need you carry around with you today. By now, you've been able to **recognize some maladaptive**

**responses from perceived voids masquerading as unmet needs in your current relationships and how it plays out in your present life.** The same unmet needs we had as a child from wanting the love, affection, validation or attention of a parent, to feeling worthy of our parents love is the same void we are attempting to meet in our intimate adult relationships. Likewise, the greatest probability is that these unmet needs are also a result of TEI. In other words, they are the **same beliefs and unmet needs your parents** had - along with the generations that preceded them - that has been left neglected and unfulfilled for many generations.

Core beliefs and maladaptive responses were transferred and modeled to us by our parents. In other words, the unfulfilled dreams of those that preceded us carry emotions forward through us and each generation that supersedes the next is meant to fulfill these desires and connect to a greater vision to reach a higher potential. In essence, it's by design that we are each a human ladder, building and expanding on yesterday's ideas and capacities, adding our own magic touch... This gives both our past and those of our ascendants greater purpose and fulfillment.

With this awareness, it can help broaden our perspective regarding the shortcomings of our parents. It also helps to understand that likely they've done the best they knew how with what they had, but couldn't give more because essentially - "we **can't** give what we **don't** have" - within ourselves first. Take a closer glance at their life experiences and hardships, then begin to acknowledge that they did the best they could with what they had and were equipped with. Laws of physics suggests that they gave you more than they had in their upbringing. It's an overcompensation principle we all inherit-- to swing the pendulum the other way. Most parents typically hope to give their children more than they had and do not want them to suffer the same lack. If you're a parent, you will most likely understand and relate. Yet, each of our parents or caretakers have their own unmet needs or more accurately, perceived voids, that they've attempted to fill and cope with.

- *For instance, if as a child you may have felt that one or both of your parents lacked emotional availability or connection, understand that this parent was most likely unavailable to their own emotional needs and lacked it in their upbringing as well. Since **we can't give others what we don't** have until we first internally embody it as to also externalize it, you may still be looking for that kind of emotional availability in your adult relationships and may currently feel attached to fulfilling this with a significant other - until it is internally met.*

Core emotions are transferred from one generation and absorbed by the next generation. This causes us to spend most of our lives seeking to have our own needs met- typically through other people. Consequently, few people rarely consider the hardships of others, including those that have gone before them because they're occupied by having their own needs remedied. Epigenetic transference of unmet emotional needs creates a vicious cycle and inhibits the capacity of fully developing compassion and empathy or practicing it in our daily lives. Certainly, lack of empathy or self-love is at the root of every crime and is an explanation behind every unkind and unloving way toward another. It reinforces egoic and

self-seeking behaviors as opposed to developing more adaptive and altruistic behaviors, and redirecting it toward more loving and fulfilling relationships. Now that we have a basic understanding of the behaviors of others, it can become easier to extend grace and compassion for their shortcomings, as well as our own.

*You don't have to be a modern day Mother Teresa to embody empathy!*

This shift in perspective can assist you in determining the origins of your behaviors, core beliefs, and unmet emotional needs. Furthermore, if you focus on the infallible ways in which you were loved during your upbringing, **you'll recognize that your parents/caretakers made significant sacrifices on your behalf, as you identify their unmet needs and begin to address your own.**

We may not often lend as much weight of our relationship patterns to the relationship we had with our parents or caretakers until we identify the correlation between our patterns today and in our youth.

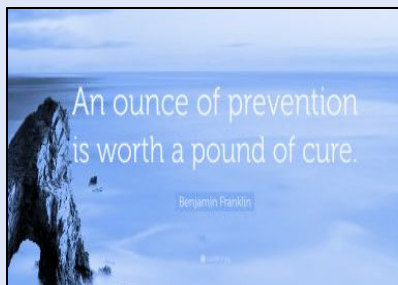
It's not always necessary to know your biological parents or grandparents as you begin to heal inherent beliefs and genetic programming. You can do so without needing to involve other family members in the healing process - which means **you can also heal these ancestral links from members who are deceased or still living.** Begin by extending grace and compassion to them because you now realize that you can relate from a place of true empathy and fulfill latent potential to a bigger dream.

Example: To lend an illustration of TEI patterns:

- Case study 1: Subject suffered an injury in early adolescence causing her to lose the same teeth that was parallel to a childhood injury that her mother had, resulting in losing the same teeth from each of their injuries.
- Case study 2: Subject suffered a heart attack just as he was approaching his 50th year. Likewise, his father suffered a heart attack in his 50th year.
- Case study 3: Subject (grandfather) had a hip replacement and genetically transferred the same disposition onto subject who was born with a dislocated hip.

**We carry the same psychological burdens from cognitive distortions as the generations before us and they show up in our lives as similar patterns that include both emotional and physical dispositions.**

Our masculine and feminine natures are another example of TEI. Genetics play a major role in the balance or lack of balance in our masculine and feminine qualities. Consequently, we may inherit traits of masculine or feminine dominance, or it can be turned on through our gene expression as a result of stress signals. Generally, the parent that we resist or reject the most is the one we take after the most genetically. We are most like the parent we oppose, which is what we resist in ourselves. Our parents are the mirrors into our psychological

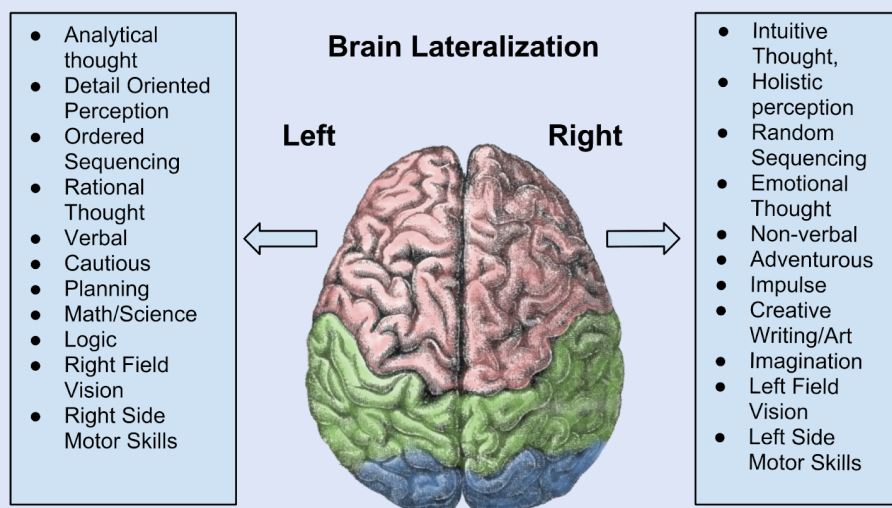


programming. Therefore, it reflects where we need to make the most peace to obtain balance within ourselves. Where are you possibly swinging the pendulum out of balance or overcompensating? Are you expressing masculine or feminine dominance?

*According to Wikipedia, traits traditionally viewed as masculine in Western society include: strength, courage, protective, independence, violence, and assertiveness. Traits traditionally cited as feminine include: gentleness, empathy, nurturing and sensitivity.*

A common example that many of us may be guilty of is found in the phrase, “marrying a partner that is like your parent” – regardless of whether your partner is like your mother or father. There’s often a correlation due to core emotions that were transferred, and we face the duality of this imbalance that is parallel to the relationship patterns found in our parents until we find balance and overcome it.

When we engage in **hemispheric synchronicity** by integrating both **thought** and **emotion** from the right (right hemisphere: *creative, emotional, feminine*) and the left (left hemisphere: *analytical thinking, masculine*) **quadrants of the brain**, we operate with the maximum capacity of the whole brain to perform at its best, resulting in a state of unity – which is **coherence of heart-mind intelligence**. When operating from a dominant quadrant, such as a the masculine or feminine, right or left-brain hemispheric preference, it leads to polarization, (*this is where many problems lie & where the ‘law of opposition’ of electromagnetism applies*), resulting from the duality of the two hemispheres.



By marrying both our feminine and masculine (**yin & yang**) natures, we achieve a state of wholeness and full brain integration. When obtaining this balance, you will *no longer* need to learn the *painful* lessons of opposing attractions, *no matter* what the subject. This is key to becoming one and at peace with ourselves. Passing down generational shadows is the cause of many of our shortcomings and life problems. As we begin confronting these “dragons and demons” by first addressing the inherent patterns of our parents, we can prevent common relationship disasters, such as break ups, divorce, and other unnecessary failures or growing pains in our lives that we could have learned from otherwise.

If everyone completed generational healing work solely on their parents, we would have far less healing work to do. Regretfully, however, few people complete their soul work, let alone heal from generational baggage that it may require some of us to apply this framework to our grandparents or more generations back. The desire to learn about the history of our ascendants lends value and credence into the many hardships and sorrows they may have endured, as well as adding insight into some of our own inherent propensities and transferred dispositions.

## STEP 4. REFRAME EMOTIONAL SCARS TO REMOVE THEIR POWER OVER YOU:

Understand that your unmet emotional need began from a specific parent or significant event that plays a role as your **“key player” or catalysts**, shaping you into the person you’re meant to be—challenging you to grow and be better.

What have you learned and how did you grow from this unmet need? Knowing this is key to discovering your innate gifts and soul purpose...

- *For example, if someone experienced or was a witness of bullying, it may have inspired the pursuit in a career as a victim’s advocate. This is a common example of the “law of dharma”. Being the solution to your unmet need by assisting and empowering those who can relate. Freeing those that suffered the same imprisonment as you by “being the change you wish to see in the world”. ~Gandhi*

Identifying this is a significant method that will enable you to employ the “relationship mirror technique” while assisting you in determining your subconscious and inherited beliefs. In the process, you will begin to clear and recode these limited subconscious beliefs and inherent programming. Therefore, *awareness is the first step*. At this point, you are aware of the core belief from your unmet need, and you may also be aware of your key player(s) and the people that exhibit relationship mirrors in your life. Realize that there are two “mirrors” at play here; yours and the other persons.

- *For instance, you may have felt unloved by a parent when specific privileges were removed from you, therefore you may feel triggered when experiencing similar feelings such as feeling denied of specific privileges in your interpersonal relationships. This triggers a neuro-association that is tied to the feeling of being unloved or unworthy of love- as conditioned from your past. This person or event is only a mirror into the subconscious programming from this past unmet emotional need and void.*





You are exhibiting a perception of your reality based on your beliefs, whether there was an existing inherent vulnerability or it was derived from subjective personal experiences, and the other person is exhibiting a mirror based on her/his perceptual reality as well. You both create and project onto each other what you believe, and it will manifest in you as well as in the other person. *There are two worlds merged into one reality.* Therefore, mastering this dynamic is quite tricky and is a work of art that takes new awareness, time and practice.

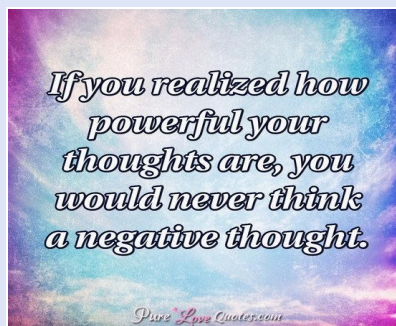
Instead of judging, fault-finding, or feeling resentment toward these key players, we will show you positive reframes to empower you and move into compassion and empathy to transmute emotional scars. To judge others is only to judge ourselves. Therefore, it's ineffective and useless. The open wounds that have been emotionally unprocessed and buried are generally what keep the faulty programming materializing in our external reality - holding us back and preventing us from moving forward. Perceptual reframing is a technique that facilitates a different way of seeing a problem, circumstance, or a relationship that enables us to remove the obstacles in our life from default programming, and where we can begin to see solutions. Perceptual reframing removes the emotional wound and decreases the negative effects of maladaptive responses without removing the memory.

With powerful reframes, it is possible to quickly shift and broaden our perspective at a conscious and subconscious level... helping us to self-regulate. Reframing allows for a healthier, more insightful reality that is used to both empower and improve any part of human aptitudes. When we change the questions, we change our trajectory. The practice of reframing the perception of our experience and emotional wounds will create new neuro-associations and healthier emotional responses.

**Changing, or better yet, enhancing our perception of a negative situation or perceived void from core beliefs can heal us from the pain we may carry. Changing our outlook is not just about attitude, but is also a matter of perspective**—how we view and experience life and what meaning we derive from it. A positive perspective can elevate our mind enabling us to deal with any hardship with greater ease. We all get caught up believing that it's our situations and circumstances that need to change, when in reality it is our perceptions that need to be reframed, which will bring us to discover **victory over circumstance** and *mind over matter*. We must shift internally to shift externally.

*"To turn one's predicament into a human achievement by transforming a tragedy into a triumph is human potential at its best" ~Viktor Frankl*

If we implement the power to change our perceptions, then we powerfully change our lives for good in every circumstance, gaining from each experience. Doing so will create new patterns in our consciousness. Perceptual reframing and genetic recoding results in adaptive genetic modifications, which then leads to restructuring of the brain, improving neurocircuitry and biochemistry. The outcome is a change in our genetic expression and gene codes that were built on limited beliefs and faulty programming. **When we ask, “What is the meaning of this? What can I learn? And how can I grow from it?”**, we shift our perspective to seeing “the glass as half full” and will also increase the capacity of seeing solutions to problems and limiting circumstances that can bring triumph over hardship. **Perceptual reframing** is a technique we can employ to interrupt self-deprivation. It can send the brain in a new direction and recalibration - **reconditioning the brain for resilience** and new response-flexibility, which is the basis of neuroplasticity. *(Medical Definition of Neuroplasticity: The brain's ability to reorganize itself by forming new neural connections throughout life; MedicineNet, 2018).* **Perceptual reframing activates new circuits in our brain and powerfully shifts our viewpoint** - no longer ruminating on the deep groove of old neural pathways formed by our programming, and shaking the brain loose of maladaptive emotional responses that produce poor habits and other undesirable outcomes. A helpful analogy might be to imagine perceptual reframing as the brain under construction building new roads and highways (neuro-pathways), as opposed to taking the same old roadways that lead to the same destination or dead-ends, producing the same result. This is conflict resolution at its finest, expanding on our own resources by employing emotional intelligence - leading to more effective problem solving abilities with more desirable outcomes.



By **clearing out the distortions** from default, **encoded programming** and reconditioning the mind with the **correct strategies**, we recode our programming, and begin to anchor in our true identity, then the authentic version of our self can freely emerge. Thus, overcoming our genetic default identity and programming. Reframing allows you to structure your belief system to work for you, rather than against you by correcting and elevating your mental conditioning to a positive and healthier mindset, staying solution focused rather than engaging in a fear-based

mindset or focusing on limited dispositions. To put it simply, no longer entertaining what doesn't serve you, but rather focus only on what does serve you. *“Focus where you want your life to be”.* ~Barbara Ledger. **This is course-correcting!**

**Incorporating this step with a positive perspective helps rewire our neurocircuitry rather than reinforcing the lower nature of the brain's negativity bias that stems from fear-based programming and thinking.** The goal is to first clear out the residue to make room for an upgraded - conscious creation, with the new and improved vision based solely on staying solution-focused to the desired outcome.

## STEP 5: HEAL INTER-RELATIONAL DYNAMICS:

**Be the “chain breaker” and break the cycle of default programming, family conflict and interpersonal relationships!** Be sure that the cycle of transferring these perceived voids – that appear as unmet emotional needs – to later generations ends with you! Be the miracle by breaking the generational chains. Ensure that you help to meet these needs for yourself while benefiting others in the process, including spouses, children, siblings, and loved ones to break the cyclical pattern and modeling the solution to others to help fulfill these internal needs. Determine how these perceived voids and core beliefs are demonstrated in your current life, or how it may be occurring in your present relationships.

Following is a **L.O.V.E.** model that we can practice in our relationships to break the cycle of unmet and suppressed emotional needs. **Implement this model in all of your interactions with others and apply it toward yourself and your parents. Practice it as a “biofeedback mirror technique” in all of your relationships and to combat all forms of conflict.** This model demonstrates how we can begin to meet these psychological needs for others and how we can model it to them in their interactions with us in turn. Implementing this model into our daily lives will enable each of us to conquer the emotional reactions and maladaptive responses that provide key insights into blind spots and dissociations.

At the core, **our behaviors** are driven by 2 **primary**, but **polarizing** human drives, which is **love** or **fear**. Therefore, our actions **can be completely determined by our desire to love and be loved, and our fear of not being able to love or be loved.** This shows up as a psychological need of being heard, understood, and acknowledged and to ultimately feel authentically self-expressed. This **L.O.V.E.** model gives us the ability to create that in our relationships and do our part in fulfilling the vital human need, **“to love and be loved”**, which will in turn prevent us from perpetuating the cycle of unresolved emotional needs onto future generations. **This model can create a climate of warmth in social situations because it adapts reflective and extensive listening.** It is helpful in **conflict resolution** and **settling disputes between people**, such as **handling resistance or anger in others** (Katz & McNulty, Reflective Listening, 1994).

### **Listen:**

**Active, soul-level listening implements reflective and extensive listening. Listen intently, and without judgments or pretenses.** Practice deeply listening and hearing what others are saying and what they’re not saying. **Develop the art of listening to both conversations, the audible, and inaudible** one by reflecting on what the speaker is saying, using perceptiveness, and reading between the lines of what’s being said. Effective communication involves effective listening skills that minimizes unnecessary misunderstandings and establishes clarity and rapport with others. Even if a person is speaking negatively or critically toward you, do not take it personal, but hear the message

they are attempting to deliver and use it as constructive feedback as well as gaining insight from a projection and reflection of their own psyche. Listen, without attempting to judge or correct. Most often others only need to express the unresolved, trapped emotion.

## Objectivity:

**Is the state of being objective, just, unbiased and not influenced by emotions or personal prejudices.** We can listen to obtain information, understand, and learn. Listening is not just an audible task. **It also requires reflection, obtaining information, gaining perspective, acknowledging, seeking to perceive and understand, or asking clarifying questions.**

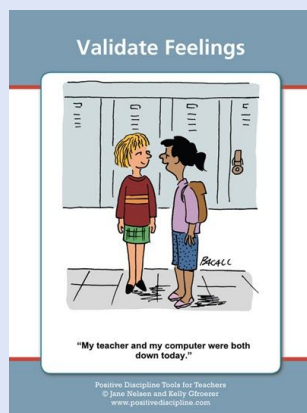
**Objective listening** asks us to be a silent witness and encourages us to practice maintaining a state of balance and centeredness as opposed to reacting emotionally.

**Objective observation then, is to witness without judgment** – or to become more aware of yours and the other person's consciousness. **It means to notice or perceive something as being significant; to watch someone or something attentively; or to acknowledge.**

**Observing another objectively also describes the art of reflective listening that consists of a step beyond what is normally thought of as listening:** (Katz & McNulty, 1994).

- *Hearing and understanding what the other person is communicating through words and “body language” to the best of your ability.*
- *Responding to the other person by reflecting the thoughts and feelings you heard in his or her words, tone of voice, body posture, and gestures.*

## Validate:



**Everyone's perspective and personal story is valid, because**

**perception is our reality.** Just as you have your own story, it lends valid reasons why you think and behave the way you do – which is according to your beliefs and perspectives. This principle is as true for you as it is for others, even if you have differing perspectives. We all perceive life through our own distorted lenses due to inherited programming, conditioning through domestication, and limiting beliefs and this becomes our perception of reality. If a dispute arises between you and another person, oftentimes we will default to a primary reaction described in the Karpman Drama Triangle or one of the maladaptive emotional responses.

To illustrate, a person may have misperceived or misunderstood your intention in a given situation. Consequently, the other may come to you upset, blaming and accusing you of something (persecutor). Your immediate reaction may be to defend yourself and correct them (victim). Yet, this is exactly how we continue the oftentimes, generational behavioral patterns and negative cycles. This lesson will be repeated until we learn it, and master it. It is up to you to break the cycle. If you are wanting to feel heard and explain the reasons for your behavior, then this would mean you are meant to be the solution by providing it in your effort to **resolve the conflict** and **settle the dispute**. In this case, while **listening to the other person speak, even if it's an**



**accusation toward you, don't try to fix, correct, or advise them otherwise.** This will help diffuse any anger in the other, and can help to prevent a heated discussion from escalating caused by both parties defaulting to reactive patterns.

After the person's emotions have been diffused and feels heard and validated by following the formula in this model, you may have your chance to present your case, if it is still necessary. This is true for everyone since we all have our own lessons to learn and grow from. We're all at different stages in our emotional growth and development. Our perspective is our **reality** because everything **is** done according to our **beliefs**. We are literally living out our perceived reality. Oftentimes, we all just need someone to see our point of view and feel understood before we can gain a higher perspective. Once someone feels **heard** and **validated** for their feelings and perspective, then they can move forward more effectively and won't continue to seek validation externally or destructively using maladaptive responses.

## Empathize:

So often we want to defend our point and feel heard and understood that it is rare for us to patiently listen to hear and understand the other person's point of view first. Empathy involves the highest level of emotional intelligence a person can attain. To better develop this, restrain your impulse to first react, and rather attempt to feel what the other person is feeling to empathize with them and better understand why s/he feels that way. Katz and McNulty explain that "this allows the speaker to move to deeper levels of expression at his or her own pace and arrive at a solution to his or her own problem." If the individual has not already solved his or her own problem or dilemma and gained a higher perspective by processing their emotions through these steps, it might be appropriate to gently guide them if necessary. It is not our place to teach, lead, correct, advise, control, dictate or place authority over others. Instead, we can model healthy behaviors and use positive reinforcement, which can assist the other in moving through that natural process.

When experiencing and expressing empathy toward another, we do so without emotionally or energetically taking on the other person's emotions. When we take responsibility for another's emotions, we empathically carry that burden because we lack the boundaries of allowing him/her to take responsibility for his or her own emotional experiences. This brings us back to the Karpman Drama Triangle of attempting to save or rescue the other person because we want to feel needed or valuable. Therefore, it is our selfish attempt to gain the reward of emotional security by "saving" or "rescuing" others from their pain. Or we play the victim of others projecting their anger or other negative emotional responses to us, and emotionally carrying it for them instead of not allowing it to have power or control over you.





## Empower with the L.O.V.E Model

The best we can do for ourselves and others is to be mutually empowered by believing in each other, especially since everything is a manifestation of our beliefs. Realize that we all have our own complete answers within. That is empowerment at its best and you are merely serving as an instrument to guide them to their innate wisdom. For example, you can help them discover their own answers or may be able to hone in on their specific strengths and reinforce your belief in their competency and ability to overcome a personal challenge. Beyond this, we can guide, inspire, empower, or motivate, but the rest is left up to the other person. Everyone has their own wisdom and answers inside and must follow their internal guidance system on their own time and terms.

We do not always have a mirror in front of us to “see” ourselves, therefore it is always easier to see the behaviors and shortcomings of others and we can use this as a mirror into our personal world. This LOVE model allows us to serve as a mirror to the other person when eliminating our reactive responses. When we jump to blame or anger (persecutor), defending or explaining (victim), or jumping in to solve the problem (rescuer), we perpetuate the reactive drama cycles in our lives and rarely see the roles we are playing (blind spots), and only see the reactive behaviors of others. When we see others using maladaptive and reactive emotional responses recognize that it is always a call for **L.O.V.E.**

Applying this model in our relationship with others during these times allows us to symbolically serve as a “mirror” for them to reflect their behaviors back to them. This helps them to see their own reactive and codependent behaviors. As we practice this easy to remember **L.O.V.E** model, we dismiss our reactive and maladaptive responses with others, which is a critical step in achieving mastery over the self. We simultaneously heal and meet one another’s needs by allowing each other to feel heard, validated, understood, fully self-expressed, and more able to recognize and be accountable for our own behaviors. “Both parties will feel far more fulfilled when they are equally heard and may reinforce the practice of extending this principle toward others. This can both resolve difficulty and settle disputes, present and future as well as engender a warmer heart-to-heart connection with others” ~ Katz & McNulty. With this acronym, we can do our part to help spread “**L.O.V.E**” and **model empathy** to a world that is devoid of it, so we may prevent transferring unmet needs or emotional voids onto future generations moving forward.

*The Prayer of St. Francis explains this concept beautifully,*

*“Lord, make me an instrument of Thy peace.*

*Where there is hatred, let me sow love;*

*Where there is injury, pardon;*

*Where there is doubt, faith;*

*Where there is despair, hope;*

*Where there is darkness, light;*

*Where there is sadness, joy.  
O Divine Master,  
Grant that I may not so much seek  
To be consoled, as to console;  
To be understood, as to understand;  
To be loved as to love.  
For it is in giving that we receive;  
It is in pardoning that we are pardoned;  
And it is in dying that we are born to eternal life”.*

## STEP 6: SELF-EMPOWERMENT & MASTERY

The benefit of these 7 **introductory steps of genetic recoding**: **identifying key players; decoding emotional blocks and identifying core beliefs; giving our past purpose; reframing emotional scars; healing inter-generational dynamics; and applying the L.O.V.E Model** is that in doing so, it helps us overcome the ongoing battle of generational hardships, relationship conflict with ourselves and others, and **achieve emotional integration and mastery** over the self. Making empowering decisions by learning successful recoding strategies to address - what can be difficult emotions now - will allay future suffering. If not, we will stunt emotional maturity and continue to carry these “childhood wounds” around into our adult life until we implement healthier behaviors from empowering healing strategies. By choosing adaptive responses through the process of decoding generational programming and emotional blocks to experience the full range of our emotions and implementing the L.O.V.E model into our relationships, we can avoid reliving the pain of TEP and transferring them onto future generations.

**Empowerment comes via accountability** and **emotional awareness** because it lends insight into our behaviors and the behaviors of others that are influenced by each of our beliefs (from both perceived voids and genetically transferred beliefs) - while increasing our ability to make more empowering choices and implement more adaptive responses. Once we take full accountability that we are creating the outcomes in our life, since everything is done according to our beliefs. Self-empowerment gives us the awareness and ability to change our external circumstances as we change it internally. In this respect, we are no longer taking on the victim role in our life, but



choosing to be empowered by being at the helm, steering the ship of our life circumstances.. **Therefore, owning our power is just as much about being responsible for our creations and miscreations.**

The simple **L.O.V.E Model** is a tool that embraces self-empowerment through the realization that unmet needs are actually an interpretation of “perceived voids”. Therefore, no one has the power to hurt us when we exercise the empowering tool of the L.O.V.E Model. Practicing the **L.O.V.E Model** equips us with the ability to express and practice **empathy** further enabling us to **satisfy the emotional needs** of others while simultaneously **satisfying our own emotional needs**, whereas we break free from maladaptive emotional responses and genetically transferred dispositions. In this respect, we break the chain cycle of unmet needs from limited inherent beliefs and perspectives that lead to sabotage and self-defeating behaviors - to that of an expanded viewpoint, widening our lens and broadening our awareness. As a result, we come from a place of giving, rather than need. **Self-defeating behaviors are common to everyone and with the help of these effective strategies, we have the ability to overcome our default survival tendencies, enabling us to thrive.** Shortcutting the process with Genetic Recoding using our PANACEA Model, can rapidly enable us to master our problems, and achieve *awakening, healing, and liberation* that is long-lasting. One of the greatest benefits of doing our inner soul work through generational healing is that by doing so, we liberate our own children and free future generations by breaking the chains from these perpetual burdens.

## **STEP 7: UNLOCK YOUR POTENTIAL AND ALIGN TO YOUR AUTHENTIC PURPOSE:**

When you are inspired by a great cause and follow your passion that is imbued in the greater good of your community or on a larger scale, **you will fulfill your potential and a profound sense of purpose by default.** We’re all called or summoned to a specific purpose and an instrument for this purpose to be manifested through us. We all have a calling to fulfill our destiny and need to shift our current reality to align to this destiny. Your job is to be the best instrument or channel you are capable of being and perhaps breakthrough generational glass ceilings or expanding on the family's legacy. In a sense, we are all called to become the best version of our parents to fulfill our greatest human potential!

**In our Signature Programs and Advanced Signature Programs,** we cover the in-depth **Genetic Recoding strategies to guide you how to Unlock Your Full Potential And Align To Your Authentic Soul Purpose.** We share comprehensive modules and the complete effective strategies of **GENETIC RECODING** that is included in the “**Genetic Recoding Participant SoulWork-Book**” and “**Genetic Recoding Practitioner SoulWork-Book**”~ which comes stocked with templates and therapeutic processes - all of which comprises a

**PANACEA Model** that we can apply to all areas of our life to liberate us from core issues and help us reach our greatest human potential.

Now, let's reevaluate the severity of your problem or complaint again to **examine the level of progress you have made** after completing this **introductory level course**. Rate the severity of the emotion, problem, or complaint, if any, such as the level of discomfort or anxiety you feel associated with your core belief(s) **from 1-10** (10 being the highest level of intensity and 1 being the lowest).

For those of you who are advancing onto one of the **Signature Programs or Advanced Signature Courses**, we will be digging deeper and expanding broader to assist you in not only addressing perceived and unfulfilled needs, but also implementing the complete strategies of **Genetic Recoding using the full PANACEA Model** to assist you in all other areas of your life by combating negative programming to help you thrive! If your level of discomfort is a 2 or higher, you will want to continue with the same presenting problem until it is between a 0-2 before moving onto a new issue. You will be able to apply Genetic Recoding strategies to help you achieve a level of 2 or less on each of the core issues you choose to address with any of the programs and courses. Ask yourself what was the most value you gained from this introductory course, and what areas you're still needing support and guidance?

In our **Advanced Signature Courses**, participants also receive a personalized subconscious and epigenetic biofeedback test with **NASA-driven voice mapping technology** to accurately **identify core-genetic beliefs and emotions** to quickly and effectively **recode and remove unwanted thoughts and beliefs** from the subconscious mind. **This advanced biofeedback technology analyzes the subconscious associations you have with each parent/grandparent/topic, as well as the emotional beliefs you may have inherited. When you know exactly what the mental and emotional blocks are, you can begin to work through them more easily and rapidly.** Voice mapping provides a way for **technology and the subconscious mind to communicate with each other and monitors your progress by recording both the before and after voice mapping charts when clearing your subconscious blocks.**

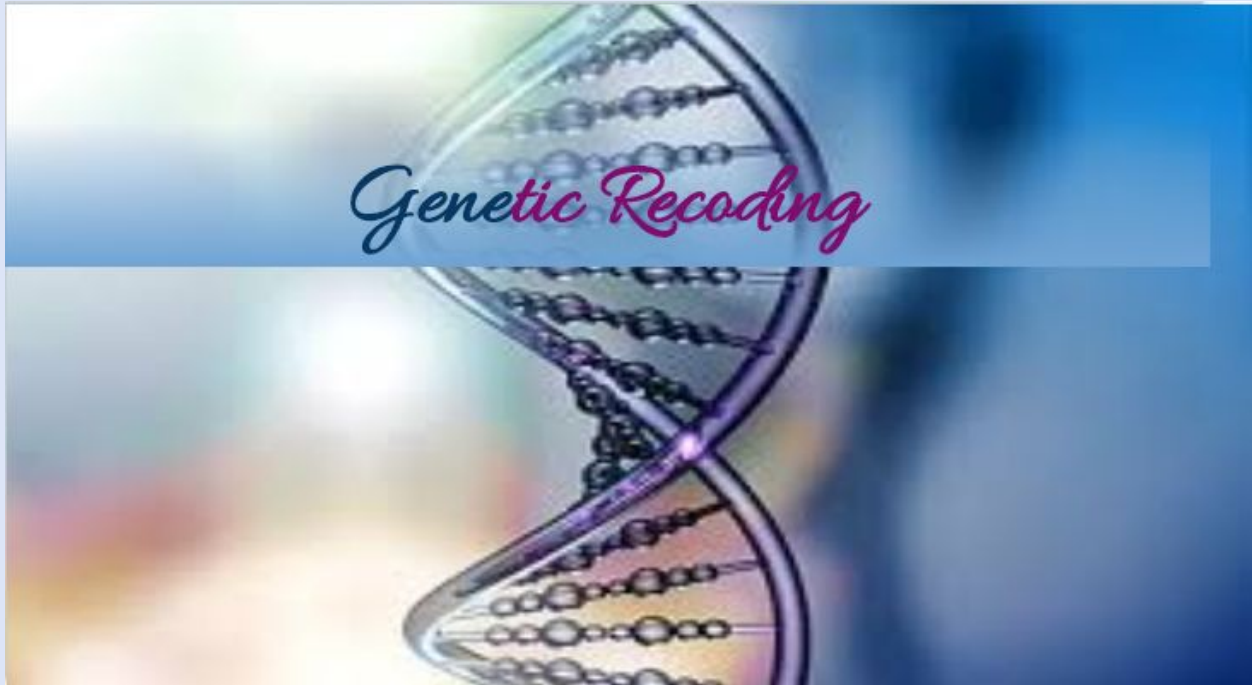
With voice remapping technology it is possible to **quickly shift and perceptually reframe** a perception on **both a conscious and core subconscious level**, thereby **eliminating the negative belief** that keeps us bound to reliving life lessons and experiences. Perception reframing allows for a healthier, more insightful reality that is used to **empower and improve any part of human aptitudes**. As such, **generational issues can immediately be discovered and quickly recoded** with the healing power of **voice mapping** technology.

## In summary, here's what we've covered so far:

1. **Identify your Key Players:** as a relationship mirror into our core beliefs; who has been a lesson or blessing? Who or what was an instrument to catalyze your growth, shaping you into the person you're meant to be?
2. **Decode Emotional Blocks:** with unmet need(s), gain awareness around the blindspot as perceived voids, being aware that answers come from within, not outside of us. This helps to,
3. **Give Your Past Purpose:** Core emotions are transferred genetically, which keep us intertwined with past relatives and perpetuates faulty programming and living a similar story compelling us to clear our ancestral links to fulfill a greater purpose. We must embrace our innate masculine and feminine natures and make peace with our past to achieve balance and whole brain integration and designing a new story.
4. **Reframe Emotional Scars:** To No Longer Hold Any Power Over You, with the technique of perceptual reframing, asking different questions - thereby improving the narrative. Recoding Belief Systems-to work for you, rather than against you. Rewire your neurocircuitry by refocusing on elevated desires, thoughts and emotions like gratitude to recondition your mind and recode your epigenetics i.e., focusing on the solution, not the problem or fear. This will activate new, healthy gene expression (overriding faulty programming) and a better version of you.
5. **Heal Inter-relational Dynamics:** Practice empathy through the L.O.V.E model by first listening, observing, validating, empathizing and empowering, rather than correcting and judging. This monumental step helps widen our lens to enhance our binocular perspective and gain both compassion and understanding to heal relationships and unresolved emotion within us and toward others. Compassion and Empathy activates the highest function of the brain.
6. **Emotional Integration & Mastery:** With higher self awareness, emotion regulation, adaptive emotional responses, making peace with our past, and healing strategies we achieve overall emotional wholeness and self-mastery.
7. **Unlock Your Potential And Align To Your Authentic Soul Purpose:** When you are inspired by a great cause and imbued in a greater good to your community or on a larger scale, you will fulfill your potential and a profound sense of purpose by default.



## *Genetic Recoding eCourse Packages*



If you gained something from these internal shifts today, then you would love our PARTICIPANT COURSES and ADVANCED PRACTITIONER DIPLOMA eCOURSES!

Awareness is only the first step. In our Generational Healing Courses, we provide you with Genetic Recoding strategies to completely overcome negative subconscious programming to thrive using a 7-Step P.A.N.A.C.E.A model to guide you step-by-step to your own intuitive answers and advance you on your path toward fulfilling your purpose, unlocking your potential and attain self-mastery!

-OR-

If you're looking to either advance or begin your career as a **Therapist, Educator, Coach, Healer, Mentor, or Practitioner** and want to take your success to the next level while making a greater impact, we have comprehensive strategies outlined in these online courses with our certifiable Advanced Practitioner eCourse: **GENETIC RECODING for PRACTITIONER'S** that comes with a "done for you" business-in-a-box.

If you're already running a practice, but know that you still need to complete your own *SeedWork* first, the **P.A.N.A.C.E.A. model** will shortcut your success with core healing steps you're probably not currently using to rapidly advance your results.

As you complete the e-course, you will both gain self mastery and increase eligibility by becoming qualified as a certified professional, and assist others with a meaningful healing practice. That said, you will advance your career so you can become the expert in your field with personal hands-on experience, maximizing your reach, and gaining a higher income potential from a worthy cause.

\*Genetic Recoding™ is a stand alone therapeutic process that compliments any other therapy practices and can also be used as an adjunct therapy with other healing modalities and therapy programs (i.e., hypnotherapy, counseling, psychotherapy, EMDR and other REM therapies, EFT, addiction counseling, family therapy, Reiki and other forms of energy healing, and etc.), but is an invaluable tool that will enable professionals to start at the root of core issues and genetically transferred dispositions to overcome these issues.

The following are details for the Practitioner & Participant Courses:



## **PARTICIPANT COURSE with GUIDEBOOK** **(Participant Membership)**

This eCourse is ideal for those seeking life mastery through fast-track healing solutions. It covers the complete 7-step PANACEA system to “Genetic Recoding”™, enabling you to overcome inherent self-defeating patterns and limiting beliefs through generational healing. This Participant Program includes:

- ★ Lifetime access to online ‘**Generational Healing SoulWork-shops**, comprised of 7 compressed programs provided in separate modules to access at your convenience and move at your own pace with valuable ‘Genetic Recoding’™ content, strategies and exercises,
- ★ Hands-on guidance with Participant Genetic Recoding workbook provided in both written and video lecture eCourses’, as well as digital & downloadable,
- ★ **FREE downloadable PDF Reference Guide to: ‘Genetically Recode: Core Emotions & Subconscious Beliefs’**,
- ★ and access to our private online community.

The Participant Program is beneficial for families and couples! For those that are serious about genetic recoding, completing your soulwork, advancing your healing, or diving deeper to fulfill your purpose and unlock your potential, this Signature Course is designed for you. This inner work will enable you to upgrade your mental and emotional psychology, recode self-sabotage and limiting beliefs to instill positive beliefs, habits, and behaviors that you wish to model within family dynamics, nourishing and healing the entire generational system.

[Click here to access the Participant Course](#)

## **PRACTITIONER COURSE with WORKBOOK** **(Practitioner Membership)**

This eCourse is ideal for Professionals who are looking to build or expand their coaching or therapy practice using strategies to GENETICALLY RECODE negative programming for their clients through Generational Healing™ Programs. This online Signature Course includes:

- ★ Lifetime access to ‘**Generational Healing SoulWork-shops**,
- ★ **Copy of ‘Generational Healing SoulWork-book: A Comprehensive Guide to Genetic Recoding’™** (7 compressed programs divided into separate modules that contain the complete 7-Step PANACEA Model),
- ★ Your personal copy of ‘**Genetic Recoding: Practitioner SoulWork-Handbook**’

which is a “Done For You Business-in-a-Box” complete with exercises, templates, therapy tools, and genetic recoding strategies designed for your clients and therapy practice,

- ★ FREE downloadable PDF guide to: ‘Genetically Recode: Core Emotions & Subconscious Beliefs’,
- ★ Exclusive entry into our VIP membership Programs, Courses and Community,
- ★ And a Practitioner Certificate of Completion to create a profitable and meaningful coaching or therapy practice.

[Click here to access the Practitioner Course](#)

### **ADVANCED PRACTITIONER COURSE with CERTIFICATE OF COMPLETION** (Advanced membership)

This eCourse allows you to go at your own pace and is ideal for those wanting to capitalize on both advancing personal healing and becoming an expert in their field. This is the best bang for your buck! The ADVANCED SIGNATURE PROGRAM includes:

- Lifetime access to ‘Generational Healing *SoulWork*-shops
- Copy of ‘Genetic Recoding’™ *SoulWork*-book: A Comprehensive Guide to Generational Healing (contains the complete 7-Step PANACEA Model),
- FREE downloadable PDF guide to: ‘Genetically Recode: Core Emotions & Subconscious Beliefs’,
- “Done for you Business-in-a-box” with a personal copy of a Practitioner’s Handbook complete with exercises and templates, proven strategies, complete PANACEA Model with genetic recoding therapy processes, and other mindset techniques for your clients and therapy practice,
- VIP membership with exclusive and unlimited access to our private online Liberated Living Community that provides more value solutions for your mind, body, health, and healing practice,
- Genetic Recoding Certificate of Completion (within 4-8 weeks to increase eligibility, qualification, skills and income reach),
- Special BONUS of personalized one-on-one subconscious & epigenetic recoding consultations to ADVANCE your results quicker and easier!

[Click here to register for the Advanced Practitioner Course](#)

### **VIP MEMBERSHIP PACKAGE**

### (Annual Membership)

Limited time annual membership offer! The Membership Package is an invaluable tool for coaches, healers, and therapists and for those who want to benefit from self-healing practices! Become a member of Liberated Living's higher caliber Community, imbued with DIY products and content. Members receive access to *Liberated Living* archives and private vault full of inspiring, higher conscious, mindful courses, signature programs and therapeutic essentials, including: how to be your own therapist and benefit all of your loved ones and/or your clients with the implementation of holistic healing tips and tools, therapy processes, strategies to learn more about yourself and others, genetic recoding therapies, behavioral genetics, personality trait assessments using the Rayid Model®, e-courses, ebooks, and soul-purpose driven material through online courses, upcoming courses and events, empowerment videos & literature, health & dietary guidelines, blogs, newsletters, FREE downloadable PDF's, and much, much more!!

\* Included in all advanced courses as a limited time offer!

[Click here to become a VIP Member](#)

### You'll be excited about the special BONUS feature!

In our Advanced Participant & Practitioner Course, you will receive your Personalized Subconscious & Epigenetic Recoding sessions to ADVANCE your results quicker! With this course, you will be able to:

- Identify your personal generational and subconscious blocks
- Combat self-sabotage
- Overcome negative programming
- Receive 1-1 guidance through your generational healing process!
- Implement the PANACEA System as a model for life and achieve self-mastery!

You'll receive all of this and more to advance you on your self mastery journey with our Advanced "Genetic Recoding™" eCourses. There is a limited number of individuals we can accept at a time in our Advanced Courses so that we can more personally guide you through your *SoulWork* journey.

And...

we want to make sure you're really ready to take your life and healing results to the next level!!

So be sure to reserve your spot because space is limited!

[Click to register for the Advanced Course here](#)



## Soul-Work to Self-Mastery



This is like any other investment to your future success, the more you invest in yourself, the more value you will get.

### **YOU WILL GET OUT OF IT WHAT YOU PUT INTO IT!**

If this is not for you or not for you right now, that's perfectly alright. We also have free holistic and therapeutic content on our website and online social media outlets that you can explore anytime. Subscribe

to our [Liberated Living Facebook Page](#) and [YouTube Channel](#) to receive more free information like this or you can learn more about Liberated Living on our webpage at [liber8edliving.com](http://liber8edliving.com).

### **Other courses & written material by Liberated Living include:**

- 'Genetic Recoding for Participants, 'Genetic Recoding for Practitioners, Coursework: 'Generational Healing with the complete 7-step P.A.N.A.C.E.A Model', and 'Break Codependency Patterns with Genetic Recoding'.
- Awaken The Inner Healer, as a guide to "Be Your Own Therapist",
- 'Understanding Addictions: The science & philosophy behind our addictive behaviors',
- 'The Healthy by Nature Dietary Regimen',
- 'Your Personality Blueprint',
- and 'Teaching tools for The Science & Practice of Iridology', Coursework: Introduction to Rayid Iridology, Rayid Iridology 101, and Advanced Rayid Iridology certification courses,
- and more to come!

**Thanks for joining us!**

**Your friends,**

♥ *The Twins with Liberated Living*

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