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ALG

00:04

Ken

So welcome back, you're back. Thank you for coming back. So how was the week for you?

00:13

Julie

It was a good week, it was a good week. I realized that it's interesting, because I realized my hip is doing much more better. Like, it's, it's subtle, I can just know that I can do more things. And the pain is really almost gone now. So. So that's been good to see that happening as well. And I guess I had time to think about, you know, what we did last time with all this meanings and stuff. And you know, what, really, I was going to tell you that my, my inner eight-year-old is really grateful now that she knows she's going to have her own book. So, you know, so I'm going to get her own book, so that she can make her own agreements and a place for her to write, because it's really important for her to be able to put some of those things down, so she doesn't feel alone. So. So it was good. It was a good week, and and then I guess you sent me all my next thing: the next questionnaire.

01:08

Ken

Yes, it's kind of like, you know, being able to look at when, when you are making those agreements and meanings. So what does that probably not address and what do we actually not process because we make those meanings as young children to survive. We make the agreements to kind of anchor ourselves to the situation, or to just be in the environment so that we can feel safe. So the combination of those attachment agreements and meanings becomes an anchor, in that we want to navigate through life, because maybe, and adults around us that give us that safety and comfort that we really needed. And as that happens there is also grief around what didn't happen. But that's usually not processed even as as adults who may not be acknowledging what is missing and what is not processing. And what is not processed. So attachment loss and grief process tends to put a light in that area about what has been missing and what needs to be resolved and clipped for us to feel more coherent in our life and be able to connect our authentic self. Because otherwise, it doesn't just allow us to connect with who we are. And then we keep either repeating the agreement or repeating the meaning and then there is just that endless loop, back and forth and back and forth. And then usually our response to that may be coming on happy or coming depressed and stressed out and anxious and settling for a relationship that doesn't work for us. And so. So have you had a chance to look at look at the handout around attachment loss and grief.

03:11

Julie

I did. I did. I brought you a copy. So you can take a look at it as well. It's interesting, because I think as I as I, as I thought about them, the meanings in the agreements and work through this question that is could these questions, you know. I also can become aware that some of the losses are related to the fact that the choices that I made are because of the agreements I made. So I had no choice to be safe. I chose this instead of that. So what you just said, it's like, sometimes I wasn't even aware that I had made a decision and I was losing something. Because I was coming from a place of those early agreements and meanings that were given. I wasn't even aware of it.

Ken

Absolutely. And what is important in that attachment agreement, with some loss and grief, especially, you know, when you look at the relationship between them, so we have the agreements, then we have the meaning, then we have that grief. So loss and grief is really about that: What has been constantly missing and is not addressed. It's kind of like a deep level of trauma, that we don't maybe even know that it's there. Because we never had chance to create; we never had a chance to acknowledge those losses. We are so busy with our either the meaning making process or the agreement, then it's very hard to come up to the surface and say what are my losses, and then also say to protect it because we don't want to acknowledge that we are not ready, right. And it took me for many years to be able to do this work right. So you a very resourceful woman, and you're really well educated. But you couldn't go and look at everything until maybe last couple of years. And now when you're 60, you have a feeling that it's finally time to do something about it. And that deep level of work.

05:19

Julie

Well, and I think too when we, when I think about last time, we talked about the meanings and the sadness that I felt, and, and the agreement was that I wasn't going to feel. So with all of the losses, if I, if I was to acknowledge loss, I had to feel sad, and I wasn't allowed to feel so it made sense. I couldn't go there. I could, even if I knew what I wasn't gonna go there.

Ken

Absolutely.

Julie

No, even if I knew that I'd lost that. It was too hard to go there, I wasn't going to go there. Because it meant sadness and feelings were going to come up. And I told myself, I wasn't going to feel. So I couldn't even go there if it if it came up.

05:56

Ken

Absolutely. And that blueprint incident right, that incident, and wherever, whenever that happens, that kind of colors everything else, because we are not able to connect with ourselves. And then if we don't

have the support the way that you didn't have support when you were eight, right. So there is absence of support is absence of acknowledgement, is absence of resourcefulness. So then the eight year old feels like, she really has to do it all on her own. So she doesn't have time to grieve. She has to parent and make life work and to the best.

06:33

Julie.

Well and to stay alive, stay alive, and stay alive. And to be busy looking after everybody like it, it just the busy-ness in itself is a way of being that doesn't give you the chance to stop and feel anything.

06:46

Ken

Absolutely, absolutely. So now when you look back at the incident. So, what are the losses that you are able to identify in relation to that incident? When you look at what are the losses that you relate to the incident.

07:10

Julie

Well, it was it was it was interesting to look at. And it was interesting to look at the losses. And what was really interesting for me, was the first thing that I wrote down was that my mother said nothing. My mother wasn't there. She didn't come to help. I felt abandoned. So, my first loss was I felt I lost my mother, I didn't have a mother anymore. She was gone. She abandoned me. So, it was interesting, just to see, you know what, as an eight-year-old, I no longer had a mother. That was and I guess I never thought about the fact that I never had a mother for all those years because I was mothering myself. So I guess I had to mother myself, because I didn't have a mother. You know. And then I guess I lost a sense of safety. My father's anger terrified me. I was really afraid. I mean, he was really angry. I was afraid he was going to really lose control. I no longer had his protection. I guess you know, I was my daddy's little princess and I felt like he was going to be there to protect me and no, Whoa, he's not going to protect me. So, I lost any sense of feeling safe. No, a loss a sense of safety. Like, that's a loss. Like I could see that I didn't I wasn't safe. But then to realize I lost the sense of safety was, like you said, it's another level. It's like, whoa. And then, you know, he told me that I was bad. So now I lost any inherent sense of goodness. So, you're even if I had imagined that maybe I was daddy's little princess and I was a really good little girl. Now, I lost that. Because now I was bad. And I had to hide. You know, and, and, and then I realized too that with my sister. I lost my childhood. I lost my sense of being able to be a child. I couldn't be a kid anymore. I had to be a mother, right, to be a parent to my sisters. You know, I realized my mom was weak. So I felt like I had to look after her. Protect her from my dad. You know? So I lost that sense of naivety, that innocence. I lost my childhood I at eight years old. I had to become a little mother and a little father because my father wasn't there either. So I had to look after my siblings and I also had to protect them. So I lost that. And, and I was no longer safe in my own home, so I no longer I no longer had a family. I lost. I didn't have a family anymore.

09:50

Ken

You can have a family until you became an adult.

Julie

Yes, yes.

Ken.

You need to make it work to make it work on your own. Yeah. because mom is not there, dad is not there. Then I'm responsible my life and to take care of my siblings and make sure that I'm doing.

10:11

Julie

Yes. Yes. And it was, then I was another level that really surprised me was that, you know, as I look back, the loss was, as an eight year old, I made a bad decision to spend money that in theory wasn't mine. I guess. I mean, it wasn't that, I was sent on an errand, right? And I realized what what happened there then was I lost any trust that I had in myself, of being able to make a good decision. So I could no longer trust that I would know what to do. And, and when I, when I reflected on that, it was like, Whoa, just the profoundness of the implication of why it's been, why I second guess myself all the time. You know, I make a decision. And then I'm second guessing. And it's like, Oh, my goodness, it started way back there.

You know, what else was a eight year old supposed to think?

So I realized I lost I lost mother, father, childhood trust in myself.

11:31

Ken

That was those are very really deep fundamental losses.

Julie

They are.

Ken

Absolutely. What would your sacred self say to your eight-year-old self, say to her who has made life work. All although she had so many losses.

12:07

Julie.

Woah. She would tell my eight year old that she did good work. She did good work, in spite of all those losses, in spite of the experiences that have been so afraid, that she somehow managed to navigate through a lifetime of being able to do good things, even though she was really struggling on the inside.

12:41

Ken

And how about that 42 year old as well.

12:53

Julie

She was feeling, I know she was feeling. You know what, as we've been going through this process for a while, she was feeling pretty bad that she'd made these decisions and stuff. And I think now she realizes that she did nothing wrong. She did what was the right thing to do in that moment, to be able to keep us safe, and to navigate. And so I see her is taking a big sigh of relief. It's like, Whoa, it's okay. In some ways. In some ways, it's an affirmation that she wasn't bad. So she can now see that she wasn't bad. And because again, part of her felt that even making those agreements and those meanings that there was something wrong with her that she had to do them. And that I had to do them as an adult because I would judge her as well, like, couldn't she have known better? But I realized that that she had the wisdom and so secure self is telling her, she did good work and making those agreements to keep herself safe. And how strong, how strong she is to have been able to do all of that, to be able to have, you know, gotten married and had children and become a doctor and all of those things. It's like, it's like, from a place of, from a place of feeling sad or bad about herself. And it wouldn't be from a place of fear. She still managed to do lots of things, in spite of, in spite of that experience. Maybe it was, maybe it was that experience that maybe obviously it did because, because the agreement was she's going to look after everybody proved that she could exist. She had a right to exist. So the experience itself that's just I would call that the silver lining.

14:58

Ken

Absolutely. And the inherent meaning if I do more for others, I will prove that I'm good

Julie

And she did that.

Ken

And she did that. Right. So then that's the loss that is never acknowledged, how was that for the first time ever? The loss of a mother, the loss of a mother, the loss of childhood loss, of loss, or loss of having support?

15:24

Julie

Well, I think, it's the image I have is there was almost like, this heaviness is like I was carrying this backpack that had all these heavy weights in it. But I didn't know what it was. I just carried it and carried it. And so it's almost like all of that sadness and grief is there been weighing me down, and I didn't even know what it was. So it's almost I can her see or now, being able to say here, we can open up the package, we can open up the backpack, we can take out the experiences, and we can grieve them now. So it's like, Whoa, it feels so good. It feels so good. To know that we can look at them now that we don't have to pretend they weren't there. We don't have to keep away those feelings. Because I know, I know. I know on multiple ways, how much it costs me and my body, that I froze all those feelings and pushed everything away. I know how much that cost me. So it's like I can see my little eight year old being grateful that I didn't know it was in there. But this I'm glad we can look now.

16:55

Ken

Yeah. So let's just go back. When you look at that, so what has been lost?

17:11

Julie

Well, I guess it was, the first thing I thought about was the fact that I, I lost any sense of feeling safe in my family. There was no safety in my family, and I'd lost the family. But there was no safety there.

17:30

Ken (Sneeze)

Excuse me. So there is a sense of loss in relation to the family. So you have lost sense of, sense of...

17:38

Julie

Yeah, yeah. Yeah. Yeah. And I guess the other thing is, was I what I did, I, I lost a sense of any, I lost a sense of any trust in the future. It was like, the rocket had pulled out for me everything changed. So I couldn't trust future. The future became very scary. So I lost trust in the future. And I guess I also lost because I was told I was bad. You know, I was filled with shame. So I lost the sense of any value of myself I had, I had no value in who I was. I was bad. What's the value in that? So I lost a, it's, I can't even I don't even know the words. It's, I lost a sense of. That I lost. It goes, it's almost an existential thing. It's, I was of no value. I was of no value. So, so. So there was this. So there was this black hole, and I had to hide behind a rock. And so I lost, I guess what I lost in that was I could no longer allow myself to be seen. So I couldn't, I couldn't even engage in the world in a way that I could allow myself to be seen.

19:22

Ken

To allow people to see when you have so many losses.

19:25

Julie.

Wherever you have losses, and then you can, then, and then you and then and then so so it's all connected. You have all these losses, then you're responsible to your fault. You had all these losses, and then you're bad on top of it. So it was like, Oh, you don't know. It's like, it's like, I have to laugh. Because, you know, no wonder my life felt the way that it did. I mean, there were times I remember there were times when I would think it was like this is like it'd be living in a nightmare. And I guess, like live from this kind of framework. It was a nightmare. And I understand why it felt like a nightmare. Because everything is like, it's everything's like a ball. Well, everything's intertwined. And, you know, one leads to the other. And next thing you know, everything feels like hell.

20:14

Ken

Yeah, sounds there was a lot of shame for it. I'm bad. And it's my fault. I'm responsible for all the losses. Sounds like there's so much shame coming up.

20:38

Julie

I realized, I realized somewhere along the line, that it was the sense of shame that prevented me from even coming for help sooner. Because it, because, the fear was they said, I was bad. I was full of shame. And if I look and see that I'm really that bad. Then, what do I have left? I have nothing.

21:10

Ken

And it's too painful to look at. What a shame. Because it's all those losses.

21:17

Julie

Yes.

21:18

Ken

That'd be really, really hard. Yeah. Yeah. For you and for the role, and since that is really trying really hard to just survive,

21:29

Julie

To survive, to survive? And I guess that's not , and then I guess, then, then I understand the drive. The compulsion to have to prove myself and look after and do things. So, you know, I had to do, I couldn't just be me, because I was-- the me was bad. So I had to do so I could prove that I was something.

22:04

Ken

It is really fundamental, and when you look at those losses, so in, what have you been grieving? If you could be specific about what are the things that in those huge amount of loss and losses across your lifespan? So what are the things that you have been grieving? Since then?

22:32

Julie

Well, it's it's interesting, because I think as I reflected on this, I mean, I know I lost childhood. But I realized that, that it wasn't called the childhood. But it was the loss of my ability to play, to have fun, to be spontaneous, to feel joy. I lost the ability to do all of those things. I lost that capacity, because in my world, I was afraid. And I had to be in control. And I wasn't allowed to feel so I couldn't allow myself to feel things. So I couldn't allow to feel of good things, either. Because you can't just say, Well, I'm not going to feel just the bad things. I'm going to allow myself to feel the good things when you don't feel you shut it off. It's everything shut off. And so, so I think when I look back over my life, it's like, it's like, I've worked really hard. I've done lots of things. But it's always been from a sense of, what's the word, seriousness, seriousness, and a rigidity, and a rigidity that I didn't always like. But the rigidity was there because I needed to have that rigidity to feel safe. I can see that now, when I look at those agreements in my meanings that we looked at. And so it's that sense of the loss of playfulness, the loss of

playfulness. And I think that now that I'm at this stage, I realized, like, whoa, when I was busy doing work, and all that stuff, you know, it was there, but but now I'm retired. It's like, well, how come I don't know how to play it? How come I don't know how to play and have fun.

24:14

Ken

And that's kind of pretty interesting, right? Your sixty-year-old and you look at life and you say wow, I don't know how to play.

24:26

Julie

That's really sad.

24:28

Ken

For the eight-year-old to hear that somebody's acknowledging that she never had a chance to play because she needed to keep everything okay.

24:41

Julie

Well, I can just there, I see her sort of looking at me with sort of, you know, she's she's sort of just looking at me like, did you really just say that, did you finally admit that we don't know how to play that, that maybe now, maybe now it's time that we can learn how to play, you know, that we can, that we can reclaim the ability to learn to play, and have fun, and enjoy. And just be crazy out there be spontaneous, you know, like a kid, you know, I watch these little kids, you know, you watch these little toddlers, and they just run and they, they're just so free little spirits. They just run and they look at things and they stop. And, you know, they just, they're just so excited about life. And you think, Well, where did that go for me?

Ken

And that's the loss. And the grieving that you don't have the ability.

Julie

Yeah, yeah, yeah, yeah. Yeah. And I guess I, I lost the trust. I guess the other loss was really a loss of being able to connect and trust other people. You know, it's sort of that loss of it's, it's, it's a big piece, it's the, it's a loss of the trust of my human beings, of humanity, it's a loss of trust, human connectedness, but I can still be allow myself to connect, because I think there's a loss of, of being able to feel free enough and safe enough to connect with others Which, you know, which again, goes back to then being alone. You know, and even, you know, even after three marriages, three marriages, but I still felt alone, because I still didn't know how to connect. Because I was still afraid. And I guess, I guess my eight-year-old, it's like, so she can start, there's just so many things that I can see. As I'm, as we're talking, and as I'm acknowledging these things, that it's like, whoa, you mean, we can start to play again. And you see if we can play, maybe we can have some friends that we can play with, that we don't have to look after and rescue, that we can just say, Let's go meet and go somewhere and have

fun together. And then we go their own ways. And, but we've had some fun together. Without, with without me having to become the parent, the rescuer. Even the doctor, you know, it's, you know, somebody once said, that is that it was a doctor, you are always a doctor. Well, yeah, but I don't have to practice medicine all the time, I can still I have the inherent knowledge I have. But, you know, I can still just be a friend. You know, and I think that's a big loss.

27:47

Ken

And the loss is also about the loss of genuine friendships. Because you couldn't be a kid who's taking, just taking in life with curiosity, and, and just playing and connecting with other sides, we felt like, oh, I have to be overly responsible. And if I take care of everyone, then I will prove to everyone that I'm good. I'm not this bad thief. That that things that I am. And then I will have friends. And it also makes it so conditional, a condition is just you always, truly always have to work very hard to maintain the relationship. And it's kind of like, at all times, she has to be hyper vigilant. Just maintain that tension. But deep down it is very lonely. Is there is this craving, an urge for playfulness, she doesn't really know how to do even how to allow herself to authentically exist in the relationships. Because it doesn't feel to be, doesn't feel like it will be safe. And it goes back to the agreements and the meanings. If my dad can treat me like that, if my mom can abandon me, so can anyone so I cannot really be myself. I didn't do with that loss of self.

29:23

Julie

Yeah, yeah. Yeah. Cuz then I, and, and again, so. So there's the loss of I can't be me. And then. But then it gets even worse in a way because I can't be mean me as bad. Why would I want to be me anyway? So I'm better off I have to keep busy. I have to do all those things that I promised myself that I would do, look after, rescue to prove that I was a value. So it just it's again, it goes back. It's just a never-ending loop. It just comes back on itself. It comes back on itself. Yeah.

29:57

Ken

So what else have you been feeling?

30:05

Julie

Well, then I guess to there was this, this loss of this comes back to feeling bad. This, this loss, the loss of a sense of inner goodness, of the inner goodness. And I guess the other, the other piece that comes with inner goodness, is kindness. You know, I know some of the other forms that we filled out, it's like, I use its, you know, you just worried about hidden agendas and all kinds of stuff. How can I be genuinely kind? Can I trust you? To be genuinely kind of kind with me? Can I trust you? to, to, to be gentle with me, to allow me to be real without judging me? And let me know that it's okay to be me. Acceptance, you know, because I think that's the other thing, there's this, there's I, you know, there's been so much inner judgment of myself, that it's I have to do and then I say, Well, if I judge me, they're going to judge me. So then I might as well not bother doing anything.

31:08

Ken

And that's really interesting, right? How everything unfolds?.

31:13

Julie

Yes, yeah. Yeah. Yeah. So I guess there was just a sense of, you know, I lost, like, my sense of self-worth, with the with the loss of the sense of my own self-worth, and also a loss of connection to myself. It's like, it's like, I got so busy, you know, one of the big losses as I, as I, as I tried to go out there and prove my value, I lost any connection to who I was, I didn't listen to myself, I didn't stop enough to feel. So I lost any connection to who I really was. So I think ultimately, I lost all of that through the experience.

31:52

Ken

So in the experience, that creates that fundamental rupture, right, that becomes kind of the blueprint for your life. And Mom is also involved in that one. So what are the loss and grief dimensions in relation to mom that is there?

32:10

Julie

Oh, wow. What does a mum do? A mum sees you, she holds you, she nurtures you, she supports you, she cares for you. I didn't have that. I didn't feel that. And even if she, after the incident, even if she deceived with the incident, I felt abandoned. So she just saw I felt abandoned, for I lost my mother. And even and so then what happens I put up all these walls. So even if my mother tried, and she may have tried, I don't know if she tried. Because I'm a mother. And who, who. And I know how much I love my children from the moment I knew I had conceived them.

32:56

Ken

Absolutely and yet have four kids, you can not turn them on and be kind to them.

33:07

Julie

So I think that that I've realized with my, the loss of my mother was the loss of being nurtured and cared for and held and protected in a motherly way. I lost being mothered. I lost being mother. And I think that to the other side of that was, I saw her being weak. I saw her being weak, I didn't want to be like that. And so then I decided I didn't want to be a girl. So I lost my own identity, my own sense of being a girl in a girl's body, you know, whatever that means. And, you know, and, and growing up to be a woman and it's like I, you know, I remember I you know, I did I remember wearing all these baggy clothes, so I could just hide my sexuality. I didn't want to be, you know, I was, you know, I didn't want to be a girl, I didn't want to have periods. I didn't want to be a woman, so I lost that. I lost that. Pride. And that pride of being in a woman's body. You know, I lost, so I lost. So then and included in that is that sense of

nurturing and gentleness and softness. So I lost that because I had to become hardened and go to my edge and become hardened so I could survive. So. So it's it's, it's quite profound. Yeah.

34:41

Ken

Yeah, absolutely. It goes very deep. So you look at your look around what's happening. And then you make those agreements, and they have the meanings. And then there is the space for loss and grief. That's not acknowledged, right. And you really have to work very hard to get back. So, knowing that you've lost a mother who lost nurturance, who was connecting and that's lost support. It's kind of like being while Mommy just next to you. You are constantly left to your own devices. And then she goes silent right. Now she was silent and the kid isn't able to make any sense of that silence.

35:28

Julie

No. And then it makes it worse because people would look at you say, what's your problem? Well, I lost my mother when I was 8. What do you mean, you lost your mother? She was right there. You know, so it's like, yeah, she was physically there. She was physically there. But she wasn't there. She wasn't there. And so it's, it's this, it's this. And then it's the in the, you know, have on hard enough time trusting my own perceptions, right. So now you say, well, I lost my mum. And they say, Well, no, you didn't. So now I know that you said, What ,do I trust myself? Or do I believe what they say? You know, so then it makes it even harder, actually, to acknowledge that there was even a loss? Because nobody else sees it as a loss. But you experienced as a loss?

Ken

Yes, you can have experienced that as a loss. And also, it kind of makes a lot of sense around this second guessing yourself, right?

36:21

Julie

Oh, yeah. Yeah, I, it's an interesting distance. Just to understand that at a deeper level, it makes it easier for me right now. To be more compassionate, and gentle with myself. Understanding why I did that and where it came from, and just to be able to be gentle with myself.

36:45

Ken

Absolutely. And that's kind of second guessing yourself. When you kind of like, second guess and question always decisions here, what would you call that

36:58

To second guess myself? What do I call that? What do I call that? I call it second guessing. But I lack of trust in myself. I lack a deep, deep inherent trust of what my ability is to know anything? Absolutely.

37:13

Ken

And that's gonna be interesting. Because you're a very resourceful woman. You could study textbooks, and take exams and pass so many stuff, make decisions and you're academically really skilled. And absolutely, you're really good at and also stuff that majority of people are not. And here you are, second guessing yourself.

37:36

Julie

And now I understand too, it's like, it's like, it, I mean, I've made in my work, I had to make fast decisions, I had to make important decisions. And, and it was interesting to be able to watch it, I step back and look, in the, in some of those moments, when I need to make a clear-cut quick decision. I knew what to do. I knew what to do. But then with the, but then the challenge was, is then afterwards, then the second guessing comes in, as opposed to trusting and, and I either I, there's too many examples to, to even say when, you know, sometimes even when I would be talking with the family, and they'd ask me a question. And I have to think for a minute and I would give an answer that I wasn't that wasn't what the answer needs to be. And then you second guess was it the right one? And then afterwards, you hear that how you respond to that question for that family, helped them see things in a way that I hadn't a clue. But yet, some, but yet, that inner part of me knew so that that inherent knowing and that's what I lost. That's what I lost. That's what I lost. I lost my ability to trust my intuitions.

38:56

Ken

Absolutely. No, it wasn't okay to be that. It's kind of second guessing your wisdom? Almost second guessing your wisdom. Yeah. And how was that for you to see that? Loss is really close to connected with mom not showing up.

39:24

Julie

Well, I guess it makes me realize that none of this, here's what it's like, mum didn't show up for me. And then I didn't show up for me either. So, I guess it's the, it comes back to the secure self. I see the secure self knows how to nurture. I see my secure self as sort of a mothering figure nurturing and stuff being there, holding me supporting me. And so it's like, maybe that's then that loss of Mother said, Well, nobody's gonna show up. So even when even even now when secure self shows up, it's like, are you really there? Yes. Yes. I've always been here. I'm always here.

40:15

Ken

It's kind of good. Is there that absence of nurturance? Right? Yes. Yeah. When, when you feel notify your secure cell goes like that. Is this really gonna hold? Or are you just gonna sit here?

40:30

Julie

And even more than even in also, is it real? Because I have no experience? You know, I don't have any when I was I don't know when you're younger you remember those things? But, but I all those years,

when mom disappeared I lost any sense of nurturance I don't even know what it feels like, what does it feel like to be truly held and nurtured and cared for?

40:55

Ken

Absolutely. So how was that for you maybe for the first time ever to acknowledge those fundamental losses in relation to your mom.

41:18

Julie

It helps me. It helps me to understand, it helps me to understand what happened and then it gives me, it gives me, the ability to realize that I have a choice now. I have a choice. I have a choice. I can, well, I can choose to allow myself to get close to another person, to my friends. And I can allow myself to open my heart to feel their love and nurturing that disappeared when my mother disappeared. My ability to move and desire to do that because I was too afraid. So I guess that gives me the awareness that it doesn't need to be that way anymore.

42:26

Ken

It doesn't need to be, yeah. And now, just allow allow your body to experience it.

42:58

Julie

I can feel, I can feel my body softening. I can feel able to breathe better. But there's, it's almost like there's a feeling, feelslike there's a warmth there, that if I can start to feel warm. I can start it I can start to feel warm and be open.. I can feel I can feel myself being willing to be open to the love and care that's always been there but I never allowed in before.

43:55

Ken

Right. Notice that, the secure attachment circle and just allow her to be held by all those resources. Your secure stuff is also.

44:23

Julie

So in some way she holds the key. She holds the key for the heart. So when she feels safe and secure, she can open our heart. She can lock the door that her dad slammed shut. Again. She can open the door. Oh light, let love come in.

45:27

Ken

Deep breath. Deep breath. There's a lot of losses she's experienced. That incident is really significant, changing for life. So as you look at specific losses in relation to her life and what would you say?

46:03

Julie

Whoa, I guess the biggest loss was her trust in men was her trust in men. And now she slammed the door on relationships with men. She slammed the door in the relationships with men. And again, it's interesting because even though I've been married three times, they never, they never came in the door of my heart. Because the door is always closed. It's very interesting. The wonder, the intimacy game became all related to sex in the end, because there was nothing else.

46:54

Ken

How was that for you to see that connection? It happens when you're eight year old and you're losing that connection with your father. Love and nurture and safety makes you feel unsafe. You hold the relationship with it including in your marriage.

47:23

Julie

Yeah, it's. And it's interesting, because even though the doors were shut, even though she slammed the door getting married, we got married three times. And, you know, so obviously there was. But again, we live in a culture. We live in a culture that says, as a young woman, you're nothing unless you're married. So there's this. So again. So my little girl mine says, I'm not getting married. But the culture is, well, you have to get married. So then what do you do you get married and you get married for these reasons. But because you want to feel safe and you want to have financial security so now you've got married, but you're still not really in the real good relate. You're not in intimate with us. There's no close it's in the relationship. Because your heart is still cold. Because follow the outer rules. But you haven't been able, my eight year old kept that locked because it was that because men were unsafe, you couldn't trust them. And, and so many things that fathers are supposed to protect their children so ,so, I couldn't trust. I couldn't trust men to protect me either. You know, so there was no protect. So again, it goes back to that whole being isolated being on my own. So when I lost my father, I lost the ability to be in a relationship with a man in an in a close way in a caring way.

49:12

Ken

And it make sense in terms of attachment meanings as well. My dad cannot protect me. No one will protect. So I cannot trust man. So that suddenly presents home.

49:26

Julie

Yeah, yeah. Yeah. Well, yeah, yeah. And then Oh, gosh. Yeah. The men don't understand why you're angry with them. Because you're treating them as if they're like, as if you're, you remember the experience of your father and so even if they make a little mistake, then right away because a big mistake. See, I knew it. I can't trust anybody. I can't trust men. So they so there was no give and take in those relationships, because I was judging them all. I don't trust you, and I'll never trust you. So I already, I had already put the nail in the coffin of the marriages before I even got married, so to speak. I can see that now.

Ken
It's really connected.

Julie
Yeah, yeah. Yeah.

50:15

Ken
So what else would you identify as losses? [???

50:23

Julie
Oh, well, I guess there's also, it's different, than there is the loss of spontaneity. That is, again, it goes back to being able to trust my decision. So, you know, we have gone to the store, we were having some fun, I made a decision. And then it was the wrong one. And so, so then it's like, you can't be spontaneous anymore. Everything has to be, you have to think it all the way through. So when it goes down to then I can't trust that part of me. That's, oh, let's just be playful here and have fun. So it's, there's, there's another there's a deeper level to it, then, then look, then it looks like at the surface when you see it. That makes sense. And I guess the other thing was that I guess again, it all comes down to there's no security in the future, you know, things change so quickly. The rug pulled out from under me. So again, a loss of faith in the future. Loss of trust in my own future, that things will work out okay.

51:35

Ken
That's huge.

51:38

Julie
So, so you have lost trust in the future. And then you make a decision, and you're second guessing. And, and then you feel like, no matter what you do what's not right. And it's just, it is just an inner, it's an inner hell I was living. From what, you know, people would look at me, and maybe my friends would say, Well, you have everything I wanted to say to them. You don't know what it's like on the inside of me. Because I was living in the inner hell. I was living in inner hell, because all of that this is what I was doing. This is what I was living.

52:15

Ken
It is not even safe to feel, right.

Julie
No, no.

And it's not safe to feel it's not self. And then it's and then to Mum was sound so it's not even safe to talk. So you lose. So I also lost the sense that that's another loss with men. Well, that's another loss with men is, is I was afraid to say anything to men. So I lost, I, I became afraid, you know, even, even in my training, even in my training, there were times when, you know, the resident would ask me question, and I would sort of stumble, because I would I was like I was scared. I was afraid of answer, but if it had been a woman I might not felt the same thing. But I lived in a world of men, you know, when I was doing medicine when I was training was still all men. We were women, we were coming more but all the attendants and residents and especially in the surgical rotation, oh God, it was all men. And so then you stutter and you stumble? And then how would you please show doctor how to speak like a doctor. You know, and then it's like, Whoa, you're just then you say, I just, I can't talk to him. You're scared. So I lost the ability to speak my truth without being scared. And, and I and I know too with George. I know too with George sometimes, by the time I would finally say something I would be like, I would be yelling. Just it's okay. It's okay. But he didn't understand that in order for me to say anything. It took so much energy and courage that he came out stronger than I meant to.

53:51

Ken

Because you have to feel safe to express yourself right? At home. You could be the eight-year-old who can just be a kid and make a decision about buying candy. And in surgical world. So you are just after that men needs to teach you how to speak like a doctor.

54:12

exactly.

54:15

Ken

So Dr. Julie is not welcome. She needs almost needs to be Doctor John.

54:24

Julie

It's funny because, because, it was because you know, when and when you're in the midst of it, you weren't even aware. But I remember a friend saying Do you know that that even the nurses and the other doctors, treat women doctors and residents different? You know, like that was just not I don't It's better now but back then, you know, they didn't want us women in there. You know, and, and there was a and especially in surgery, especially in surgery. So we're going to put you through surgery and then you're going to have babies and leave. You know so there was there's this, a world view there that is very anti woman. So you're right, it would have been easier. Maybe I should have just pretended I was Dr. jaw. joke now because when you have boobs, you can't hide them all the time. So I guess baggy clothes will do the trick. But again, you know, it's it's yeah, it would have been easier if I was Dr. John. And I guess, I guess then too that tells me the strength of that eight year old who actually the inner strength that I had, and didn't even get through all of that.

Ken

Absolutely, absolutely. Because she looks at her father and she says, Wow, this is how it is to be, you know, devalued by a first and always man who was supposed to be my dad. Then how would it look like look like, in one second, I am his princess, and the next moment, just as an adult, this is not safe. I cannot feel. And look, I'm just making bad decisions one after another. So I cannot rise up, I cannot be myself. I cannot show that I'm talented. Then it comes back to to the surgical work. So just to edit your yourself, and seeing that you freeze?

56:31

Julie

You freeze, if you freeze, you freeze, you freeze, you freeze, you get scared. And what you just said also triggered something for me, reminded me of something. Because you see. In my world when I was growing up, you know, the men were the bosses, right? And so even as a wife, even as a wife, you know, I was, you know, I was a doctor. But when I was George's wife, and so I remember that I was very aware that I had to behave in a certain way as his wife. So I wouldn't embarrass him. That he would always look good. And I couldn't, I couldn't be better than him because I needed to let him be the one who was the king of the castle? In the old world, you know?

57:33

Ken

Yeah. How does your eight-year-old feel when se saw see that you have her back. Finally hearing her voice. Especially in relation to the losses in relation to your father.

57:47

Julie

Well, I can see her as I actually can see her smiling now, I can actually see her smiling, saying, Oh, my goodness, I finally get to speak, I finally get to say where I want to say, I finally will get to have fun saying what I need to say. But it's like, it's almost like I can, you know, it's you know, they talk about the the throat. It's almost like, it's almost like the, you know, the surgery, I would have put a clamp there. It was like I clamped her throat so she couldn't speak so it's almost like the clamp is coming off. So that she can now start to speak. And she doesn't have to be afraid. And she can just speak her truth and not worry. And maybe she'll be able to speak in a way that's soft and gentle. Because she's not afraid anymore.

58:42

Ken

Finally she will have to just listen to be able to hear, to just relax and be yourself.

58:51

Julie

Yeah.

58:52

Ken

So the losses are really fundamental. Today, we were able to look into some some parts of them, and next time we will look at more in details in relation to self healing. And I know there's aspects of self in terms of safety, trust, connection and so on. So as we reflect on our time together today, what stands out for you?

59:26

Well, I guess what stands out for me is how, how heavy those losses were and, and how much lighter I'm feeling to be able to bring them to the surface and say them and release them. And I guess the other thing is the, is the depth of effect that it had on my whole life without me being aware and, and, how grateful I am , How grateful I am to my body. That that's it, you're not going anywhere and you do some deeper work. And so, you know, today's today's session really helped me to, to understand at a deeper level, the profoundness of the trauma and of the, of the healing, that's now I think, feel happening and the potential for healing each time as things progressed now like there's this, there's this sense of inner--hope isn't the word not quite—hope, it is just an awareness that there's that things are shifting. I don't know what the word is. The potential there's a huge potential for shifting that I'm realizing is real. And that the that healing is now a possibility. And it's actually I'm experiencing it in a way I never even anticipated was possible.

1:01:14

Ken

Absolutely. Thank you for sharing that is very beautiful. Especially as you looked at your attachment to yours, that the role is so significant in that incident. And that your mom and your dad, you have them in the same house, but you're all alone. Thank you for sharing.

1:01:36

Julie

Thank you.

1:01:38

So next week, we're going to continue where we left off today. And let's see what comes up in between. And as you're having to just connect with your secure circles, attachments that have come in all the resources to be able to nurture and then engaging with life with your friends and your trips and everything else into the rest as they extend together.

1:02:02

Thank you.