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Attachment Meanings

00:03

Ken

So Julie?. And also we've been for you. ,

00:06

Julie

it was a good week, it was a good week. You know, I spent a lot of time thinking about the things that we've been working on. And, you know, thinking about those attachment agreements that we did.

00:20

Ken

Yeah, there were many of them, right. You made lots attachments with your stuff about mom, about Louise, about dad, about the family, and about men and women, about motherhood. So there was a lot to think over. Yeah.

00:38

Julie

Yeah, yeah, it, it was interesting to, to, to recognize that, you know, I made those agreements when I was eight years old, and they really defined my life. And then I also came to appreciate how smart that eight year old was, because she somehow inherently knew what to do to keep us safe. You know? So we it was it's been interesting in us. And I guess the other thing was, no, because I was, because I was working on the meetings this week, was looking at how, how, again, it, it affected every realm of my life, in terms of my family, my friends, you know, my relationships, my marriages, my children and my work. So it, it wasn't like, you know, something happened back then, just get over it. Because it was the past is, is I'm recognizing that it, it, it. It formed how I, the agreements that I formed, how I see the life and what I made sense of meaning in my life. And in some ways, you know, when I was little doing the meetings, it was a little challenging, because then I realized that I live my life based on the beliefs of an eight year old who was scared to death. So, so again, and I guess I'm getting better, it's taking me time...I still, I still get myself upset, or activated or agitated or whatever. And then I have to say, Well, yeah, I just remembered the secure self like, it's still, it's still, it's still, I'm still needing to recognize that, that part of me, she's here for, she's here all the time. And if I just, but you know, when I'm, when I'm really anxious, when I'm anxious, what I find is, it's hard even to sit still long enough to allow myself to go to that secure attachment place. And so just being aware of that, I think is, is good for me, because now I realize, okay, just be gentle and patient with myself. And I go back, I have to go back to that eight year old, who was really scared, and who, you know, who might have said, I'm out of here, I'm out of

here. You know, and so I can see where we are, it's so important to be able to go back and process through and understand what happened.

03:05

Ken

Because it was the given that becomes a foundation, right? They become a foundation for how we perceive ourselves and our person with other people. So your eternal self is absolutely very smart. And she's making the agreements. And she says, If I have positive human relations, then maybe I can create some sense of safety and be able to navigate through this family who was really chaotic.

03:35

Julie

Yes, yes. And you're right, what you just said, is what you just said, is like, that's why those agreements were so important. Was that they gave , so the agreements ,and the means gave me a sense of control gave me a sense of making sense of the world.

And I guess it's, it's interesting as I just quickly scan my life, is that, you know, there was that terror when I was a child. But yet at the same time, I never left the world that I live in, that I still live in is still based on fear. And so in some ways, it makes it a little more understandable for me, that when I went into another place, like even when I went to become a doctor, with a whole culture of medicine, is fear based. And so so it made sense then, that my eight year old's agreements came to help me survive through that and then it makes it a little easier for me to say, okay, you know, I've you know, I've barely retired I barely out of that environment. So maybe that's why now I was able to ready to do this work. Because while I was still living in that environment, I needed those agreements, because it was still a very chaotic, scary place.

05:09

Ken

And it took you many, many years, right? Like, it's very different. Now, when you're 60. And you're looking at back and you're saying that well, I can see how often played a role drawing in even your work situation, right? So and then today, we are going to focus on Attachment meanings, the meanings that we attach to the agreements, in order to kind of justify and make maybe define our existence. So in a way, it kind of like if we make it meaning that we are justifying the existence and then and we can, on the surface, create that on the feeling of maybe safety or understanding. And then that's how we maintain those agreements by the meanings that we attach to them. So have you had a chance to look at look at the **meanings - Attachment Meanings?**

06:03

Julie

I did. I did. I did. And it was very, it was very interesting, because as I because what I found myself, I got you a copy too , is what I, what I found myself doing what I found myself doing as I was doing the attachment meanings, is I was I had to reflect back on the attachment agreements that I've made. So so it sort of like I could see they go, they go hand in hand. So again, what I thought was interesting, because it's the, I guess, it says, What are the meanings you made in relation to the agreement and

incident situation? I mean, when I mean, these were, it was interesting, how about how much easier these were to write, figure out the, the agreements were a little more difficult to say, Okay, this is what I promised myself. But there it was like, so here's my word, the meaning I said was, the world is not safe. You can't trust anyone. It's better to be alone. I shouldn't be here. My family's not safe. It's best to keep everyone at a distance. It's dangerous not to have enough money. It's unsafe to feel. And it's dangerous to be angry. And I think when I, and it was, it was interesting, because it was much easier to write those in when I when I when I sit back and look at that, then I feel then because there's a question later for how I feel about all this. And then I sort of feel, I feel like because that's I feel the sadness, I feel a sadness that, that this was how I live my life based on an incident as an eight year old. But I realized that that is what, that's what I believed. That's the ..That's what, no matter how I go, but when I go back there, that's what I that's what I experienced. It's not what I believe. It's what I experienced. And then from that experience, this is what I believe.

07:59

Ken

Absolutely, and then the eight year old needed to make, she needed to make kind of those meanings read from an external place. So it's kind of like just the way that she says it's dangerous to be angry, she's gonna try herself feeling angry, or she's gonna feel so unsafe when she said, our people were angry.

08:22

Julie

When I when I looked at that, then I understood, so many things became clear. As I as I did this, it was like, Whoa, like, even all of my life, it was no wonder I had a hard time speaking up. Because, you know, I realized I didn't want to piss people off. I didn't want to upset them. But when I took it to this level, then I realized if I upset them, then they got angry. And then, then then what happens if they lose it totally. Because I realized that's what the eight year old was afraid of. He was so angry. You could if he was still angry, you know, they talk about spitting bullets, when he was so angry, if you could feel I could feel his anger coming through the door.

09:05

Ken

And that was really intense for an eight-year old. And it is kind of like this feeling was really dangerous. It's dangerous to be angry, which means when you're angry, you will hurt other people. Right? Because she was hurt.

Julie,

Yeah, very hurt.

Ken

So and then that's also kind of becomes a foundation of what that...Oh, I know what it feels to be a receiver, a recipient of that anger. So I'm not going to ...I'm going to make sure that other people don't experience it. So those are also connected to attachment compensation as well, which we will talk later about another time. So all of them are kind of coming from that. So when you go back, so then what

does the incidence say about you as a person? What's the meaning there you associated with the incident?

10:04

Julie

Well, what I, what I realized was that is that then as an eight year old, what I told myself as an eight year old was that I was bad. I needed to hide. And I think that was where I lost a sense of ever feeling any goodness. And then, and then I guess, so that had and then, and then I guess there was something about, you know, he was so angry, I was doing so bad. And then something said, well, I need to prove to them that I have a right to be here. So it was almost like, I guess in my own life, and if I'm saying is, like some anger showed up and said, All right, I'm going to show you it's like, you know, a part of me was feeling so bad. That then said, I will show you and, and I realized as I wrote this, that, that I spent my whole life trying to justify my existence, that I had a right to be here. Because I was told that I was bad and felt like I shouldn't have been born.

11:06

Ken

Yeah, so it's kind of goes back, right? I'm so bad. It's all my fault. I should have. Yeah, it wouldn't have been better if I never been born. It subsequently kind of also that, that extreme level of responsibility, right? Because an eight-year old feels so responsible for that situation.

11:28

Julie

And I think that's the other piece is that I was I was the oldest, it was my decision. I wasn't the one who said to Louise. I was the one who said Louise. I was the one who said we're lucky. We have all this extra money. What would you like, and you know, she was three years younger than me. She was five, we just had a blast. And we bought the toy shoes that like click, click click. And I still remember those candy necklaces. You could chew them eat the candies, and toy watch, and stuff. And we just had so much fun. By the time we got home, we were just we were like kids, you know, the old saying we really were like kids in the candy shop. We had just had so much fun. And, you know, we came in with the money that was left over, I'm pretty sure. I don't remember exactly. But my mom and dad both smoke. So I'm pretty sure we put the cigarettes and the change on the dresser. And we went outside to play and, and all of a sudden, like I said, and it was all of a sudden, all hell broke loose when we heard him yelling. And he came in and got us and I I don't even remember how he got us in the house. I don't remember that. I blocked that totally. I remember being in a room. Being on the top bunk and her on the bottom bunk. He slammed the door, yelled at us that he was calling the police. And we were we were so bad. And and you know, it was it was like that was our reality. So So I felt it was my fault. Because I was the one who was the older, I said, Let's go spend the money. So now it's all my fault. I know I'm responsible for her. And, and then if I maybe I'm responsible for everything then like it was that the eight year old who then, and I realized as I as I did this as well, that that's part of why we didn't even show up in the meanings is that you can't afford to make a mistake.

13:29

Ken

So then the meanings are kind of like very deep. And you cannot afford to make your mistakes, which could be really, really deep and becomes the way that you start to live your life. Right. So. So what does the incident mean to you now when you look back?

13:48

Julie

Well, when I look back at it, I now I can step back. And I realized that it was interesting when I wrote it, it was like I was just a child who was terrified for life. And for my sister and my mother. I was terrified for all of us so so I can see, I can feel compassion towards that little eight year old girl who was now in a situation where she was terrified. And, and it's interesting because I think as I, as I did this, as I did this, I could feel some of that terror starting to emerge that I have blocked because it has been locked for a very long time. And to imagine that young, eight year old, being scared to death and what that felt like for her and why she was overwhelmed with the feelings.

14:46

Ken

And yet, sometimes you'll see in those situations right as we make the meaning about the other person because of attachment we also do..we also have self attachment referencing meanings from our internal working models. So What is the meaning you mean about yourself in that specific situation? That kind of starts to impact everything else in life?

15:08

Julie

Oh, as I look at it now, you mean?

15:15

Ken

Or as an eight year old?

15:18

Julie

Well, I guess, I guess. Oh, I wrote it down here too. I've just turned the page I guess. Can you say that again, please?

15:34

Ken

Well, what was the meaning you made about yourself in the situation you were in?

15:39

Julie

Well, I guess, I, the meaning I made about myself was that I was bad. It goes back to the shame place. In that moment, and, and I wished I wasn't there. I wish I didn't exist.

16:02

Julie

And I guess two there was this, there was this overwhelming sense of responsibility that I was responsible for everything. You know, so I think that, that then it made me feel like I should just disappear. It did...and hideaway that I that I really, I mean, it makes me understand to where my depression comes from, in that I should just disappear and hide.

16:40

Ken

That makes a lot of sense. What else did you associate it with, with associate it with yourself? What's the meaning you made about yourself in that situation,

16:52

Julie

That I would have been better evolve if I'd never been born. And then I needed to protect everybody. Trying to think if there's anything else, here we go. Ah, that's what, anyway, I've written some stuff down. But again, I guess when I realized that, that I then needed to prove to them that I had a right to be here. Like I said, justify my existence. And I also I had to prove to myself, I had to prove to myself that I was good. That, you know, that I, because I felt so bad. So I sort of had to, because then the question is, if I met this bad boy even have a what's my purpose to being here? It was my, why am I even here? Why am I even here? Why? Why am I even here. And because I felt so responsible, then it meant that I then I think that's where, oh, that's where I decided, I'm going to make it better for everyone. So, so then I, it's interesting, because I realized that I in some ways, I did want to become the hero and save my family, I wanted to save my sister, and wanted to save my mother. And eventually, I wanted to save anybody that I saw, because I saw lots of people who were being abused and abused and put down by other people, you know, my immediate reaction is I have to go help them, So and by helping, then I must be good. You know, so it's a, it's a self, it's almost like a self-fulfilling prophecy. You feel bad, you need to make yourself feel good to go out and save everybody to make yourself feel good. But, you know, as I've learned, sixty years later, it didn't work. You know, it didn't work and and, and I think that's the that's the challenge for me is to look at this and see the how those meanings all had a good intent. And I did lots of good things. But I was never really who I was meant I was never who I was because I was I was trying to be something to prove somebody.

19:17

Ken

Yes, so it kind of makes kind of sense where and for an eight year old to make the meaning that she can say, Oh, I must be bad because it meant I had that I made dad angry. So if I prove that I were good, if I do good for everyone, then hopefully I will be good for my dad as well.

19:33

Julie

Yes, yes. And I guess it's interesting because I think ,you know, up until that point in time, in some ways, I was my daddy's little princess. I was the oldest, you know, I, I I was this little girl. I mean, he took me to places when I was a kid that my sisters didn't go because when they were younger, I was oldest when I look back, I realized that, that probably, that probably, in some ways made this even

harder. Because I went from being the princess to being nothing to being worse than being a thief being a thief. I became, yes, the princess to a thief. Right--- riches to rags, you know, almost the opposite. Yes, I went to being a thief. And I, yeah.

20:26

Ken

And that makes a big difference, right for order to be able to kind of like how that this thing change the way that her relationship changes and she goes from being a Princess to being a thief.

20:40

Julie

Yes. And I think as I went through this too, you know, always I've always had this sense, that I had the understanding that there was some time when certain situations happened in my life where people say we felt like the rug was pulled out from under me. And I realized that that's where it started was here, it was like, everything seemed to be okay, it wasn't perfect. But everything seemed to be okay, I was the princess then all of a sudden, now I'm in the dungeon. So not only am I a thief, I'm in the dungeon, I'm in the lowest dungeon that's possible. And I don't want to leave either. Because now I believe I belong there.

And I did believe I believe that. I was gonna say I could believe that almost all my life that I belong there.

21:29

Ken

And those are kind of like really important meanings that you associate, right? Yeah, yeah. So how was that for your seeker self to see that. And those meanings kind of kept you hostage?

Since you were eight, since you were eight, you have been trained to just make things right in relation to that incident, which is kind of decided how you how you live your life?

22:01

Julie

you use that word, hostage. That's what it felt like. And I realize, I realized that those agreements, those agreements are what made my box, those agreements were my prison, because now I needed to follow those agreements that I made for myself, in the belief that they would keep me safe.

22:24

Ken

And then you attach meanings to them.

22:26

Julie

And then I attach meanings to them. And so then, so when I attach meaning to them, so then it gives them even more power. It gives them even more power, because now it's not, yes, it happened in the incident. But now it's got a meaning. So, so that's what the dungeon even goes deeper. And, and I can

see, I can It was interesting, I saw the Phantom of the Opera and, and, and there was this image of the, he had this dungeon way at the bottom because he believed he was so bad. And so when you asked about my secure self, it's like, I can see her, I can see her I can actually imagine her see her coming down those stairs, she's coming all the way down. Because I don't know if she exists, then I didn't know she exists. She comes all the way down those stairs. And she comes in she finds me and she sees me. And she tells me it's gonna be okay. That I'm not alone. That she's there and that she'll hold me even though I, I still have a hard time believing she exists because I'm only eight. But I see her there and she tells me it's going to be okay. And she also tells me she also says that I was a very wise young girl to make those agreements.

23:47

Ken

And have those meanings attached to them.

23:51

Julie

Yes, that I that I was able to, to take a situation make agreements and have sense, a sense of meaning. And so there was this ...she tells me that I, thereby she tells me that I had... Something inside me knew, knew what to do to be safe and how to do that I was only eight years old.

24:15

Ken

So for a second just be in the secure attachment circle with the eight-year old. Thank her for doing first those agreements and then doing the meanings to help everybody to comfort her secret self, is there. Yeah, just allow everybody to support her because that's what she knew and she can go with the secure self in that form as well. To say and to acknowledge that there is reassurance and then you can when you're ready, we can look at further what kind of meanings you may have associated with your mom. In that is because mom was at home right at that very moment when there is screaming and he's really angry and calling you a thief, and calling you guys thieves. And, and there's so much happening. So just let's look at what are the meanings associated with mom.

25:24

Julie,

Well, mum said nothing, she did not stand up for our lives. What that meant to me, what that meant to me was that she was weak. She didn't know how to stand up to my dad, that she abandoned me. And that she didn't love me. Because if she would have loved me, she would have come help me.

25:44

Ken

Definitely makes sense, right? The meaning with me. And if she truly loved me, she would come out and help me.

25:50

Julie

Yeah. Yeah. And then I didn't understand why she didn't come. So it's interesting to to have the secure self now, at this moment, show up and say that I'm here. So even though my mom wasn't able to come, my secure self, obviously was there because my secure self has always been here. So, you know, she was there too helping me. You know, maybe. Maybe she helped me make some of those agreements as well. Like, maybe she helped me to realize, okay, I can prove myself you know, like, it's because it's like, where did that where did those ideas and wisdom come from? Because there was something inside me that was strong enough, because I could have just collapsed and died.

Ken

Yeah, just collapsed and died.

Julie

I could have given up. You know, so many things. So many things. And I guess then when I knew it, when I wrote I thought about my mom, it was like, it's just so so.—and here's the next layer. Although I used to know, here's the next layers is my mom was weak. She didn't know how to handle life, she was under control and my father. So now what do I have to do? I'm now responsible for my mother and I have to protect her from my father. You know, so there she was in the kitchen hiding. And all of a sudden, now I'm feeling like, I'm responsible for my sister. And now I'm responsible for my mother. And, and I think she, you know, she obviously allowed dad to do what he did. So to me, that felt like, she agreed with him. And she put him first she didn't say anything to him. Just let him go on. And, and then I realized in the end, in the end, I realized, I did not want to be like her, did not want to be like my mother. And it even goes to another level is I didn't want to be a girl anymore. So not only did I lose being a princess. I'm a thief. Now, I don't want to be a girl anymore. Because then it would mean that I was just like my mother.

28:23

Ken

And that's the meaning she associates, right, if mom cannot protect me and my sister and I have to kind of be a mother to my sister, it probably means that mom must be weak. And that she doesn't love us. Yeah, yeah. So those are really, really deep, important meanings for that eight-year-old to just maintain some some sense of coherence, right? Because no one is helping us to sort the incident out. Yeah. So. So if you can continue with the pattern. So what was the meaning she's making about, what are the meanings that she's making about her father in the situation?

29:03

Julie

Well that was being or being. My, as I grew up, he was mean. He was mean, he didn't love me, because if he loved me, he wouldn't have been mean. And I guess I also realized, he blamed me for what happened. And so, so he blamed me for what had happened. So you see, he's my father, and the father, you know, you're both, you know, the father's the Father. He knows best. So, if he blamed me, for what happened, then it really is my fault. So the blame came not from my mother, my mother disappeared. She was weak, but my father blamed me. And I guess then, then I realized that that was sort of the beginning of me taking on the responsibility of everything. And that and then I realized that

he did not know how to handle this anger; he lost it. And then what that meant was that men are not safe.

30:08

Ken

So, so what I'm gathering is my dad handles his anger, and acts out this way I felt can hurt me, then all men will hurt me. Yeah, I cannot trust them. And they are not safe. So then the meaning does not just become about dad as a male person. It becomes all about all males.

30:30

Julie

Yes, yes. And it becomes about males. But it also becomes about marriage.

30:38

Ken

Okay, can you tell me more? What's that? What's the meaning associated with marriage at that point?

30:42

Julie

Because you see, my mother was married to him. And so then it said, Well, if that can happen, it's not safe, don't get close to a man, you can trust them, you can't get close to them. And, and then the last then I wrote down was, you know, it's not safe to be intimate with them. Because they're not safe. And so. So somewhere in there, somewhere in there, I realized. And I think that was where some of my agreements were. And I don't know if I did it at eight year old. But I know I made other agreements as I went along, was, am I going to get married, I'm not going to have children, and never going to be in a relationship, because it's too dangerous.

31:01

Ken

So that means that is associated with how to manage this marriage. It's too dangerous, maybe I won't be able to protect my children, if I am in relationship with somebody angry, because being angry is dangerous, and mommy is not doing anything, so I don't want to do that to my children. It becomes--it goes way deeper. And then there's this notion that I cannot even or I don't want to even be a girl. Yes. Cause I'm not a princess anymore. I'm a thief. And I don't even want to be a girl.

31:58

Julie

Yes, yeah. Yeah. And I. And I think the other the other piece of that was, my mother was my role model of what it meant to be a wife and a mother. And so not only is it not safe to be in a relationship, but if I'm going to be if I'm a woman, like my mother, that's why I couldn't be a woman, because then I had to be weak. And I had to abandon my children. And so, it, it's amazing how deep that goes, in terms of the choices that I, that I, that I, that I've made, you know. I mean, I still laugh at the fact I got married three times, but maybe I'm still looking for the for the man who's gonna make me feel like a princess? I don't know.

32:40

Ken

Absolutely. So that, then you have that one as well as right. Yeah, that's, that's kind of, yeah, it's very dimensional. Right. So and what we are making meanings about, you know, that mom, so what about your siblings? What are the meanings that you start to associate with them based on the agreements about them?

33:03

Julie

Well, I realized, if I felt responsible for the leads, I was responsible for all of them. I then knew, I also lost, I also realized that my family wasn't safe. If I wasn't safe. My sisters weren't safe. So I now I needed to protect them as well. So I needed to become since my mother was weak. So what was I supposed to do, I had to learn how to become the parent. So I became a mother, parent figure, for my sisters, and ultimately, for my mother, because I thought she was weak for my whole life, you know, and so, so I'm trying to parent them, I'm trying to look after them. And I realized that I don't believe that, you know, she was younger, so I couldn't. So they're all younger than me, I was the oldest. So now what happens? So I'm the one who's responsible. So, you know, both of my sisters, I felt, I felt responsible for them, I still feel responsible for them. When they run into trouble, they're still following my first reaction so I should be giving them some money. You know, so it's those hooks, those beliefs run very deep and for a long time.

And I guess, too, with and then the other thing with my, with my, with my sisters was, you see, now I had to become the parent, so I couldn't be a sister anymore.

34:26

Ken

So the relationship changed.

34:28

Julie

The relationship shifted. So as the parent I had to, you know, I needed to make sure my sisters did the right thing, so that they didn't upset my dad and make him lose his temper, so that I had to become the parent and very controlling. So when, in some ways now what I'm even saying is like, all right, the rules that I made, the agreements I made with myself, to keep me sane. Whoa, maybe those rules everybody should follow. So what My sisters would have said I'd tell them you can't-- don't cry, because it's not safe to feel. So I took those same rules and agreements and said everybody had to follow them. Because that's what I believed I needed. And they would need to be seen.

35:15

Ken

And that makes lots of sense, right? Well, because those meanings, it's just they have to maintain the agreements. Yes, yeah. And yeah, that eight-year-old says if I don't have my agreemen, and if the terms do not make sense to me, then I have nothing left. She just has to do that right to surviving in a really chaotic and violent atmosphere is based on yelling, fighting and a silent mom, and she doesn't

understand what's happened. And why mom is silent or why dad is angry, because nobody's informing her right. So as you reflect back, and what are the meanings that are associated with the family?

36:08

Julie

Well, that was, when I, when I looked at that question, it was like, Whoa, now I know why. I felt like I was all alone. I had no family. Nobody was safe. I had no family, I was all alone, I had to protect everybody. And there was no one for me, there was no one to protect me. There was no one to hold me. There was no one to explain anything to me. And, and I and I realized that in my world, you know, Dad was dangerous, and mom just didn't care. And so I was in, it's interesting, because when you were talking about those agreements, I realized that those agreements, they gave me--they were the rug underneath me. They, if I want to take it away the agreements, the rug would have been pulled out from underneath me, and I would have done it myself. And so that's why those agreements were simple. They gave me my foundation, where I felt like I was in control. And I had some solid ground, because the agreements and you're right about the meanings, the meanings, give it a depth, so at least I can understand it for myself, because I needed to have some meanings for myself is what I needed.

37:26

Ken

That's kind of like life-line for her—the family agreements, if I have my meanings, and maybe I will be able to be safe, right? Because an eight-year-old almost has no alternative, but there was. So those are kind of the meanings are associated with others. So now, if you look at more, the meaning says she is more personalized. So what meanings does she conclude regarding them? themes like safety, trust, choice, the intimacy, kindness, connection and responsibility, those seven areas? So let's look at them and leave it. So what are the meanings that emerges in those areas?

38:13

Well, I guess what I wrote down, and I'm understanding my understanding a little different, as you're explaining it knows, for me safety was-- the meaning was, I was not safe. That was bottom line. I was not safe. And then with regards to trust, I could trust no one. I couldn't trust my mother. I couldn't trust my father. And my sister was too young to do anything. So I didn't she wasn't even in the equation. And then when it comes to choice, I had no wonder it made me realize that safety, safety was my number one concern. Whenever I had to make a decision about anything, it was, was would it keep me safe, you know, would it keep me secure. Because I think the other thing that I realize that I understand at a different level in here now that I did, even before was the whole there was something really significant about the money. But there being no money, we, we, we somehow seemed to have money, and then there was no money it disappeared. And then it made me understand when I married George, wow, George was older, so more mature, so therefore, I my world would be safer. But he also had a business, and he had money. And it was like, oh, so if I married him. Then I can be safe and I'd have money. Which isn't the reason to marry but as an eight year old who made those boxes, and who said she was never going to get married. If she did decide to get married. I had to make sure that I was going to be safe, and that I would have money. So that's where I ended up. That's where I ended up. Yeah.

40:19

Ken

How was that for you to see that those meanings really impacted your intimate relationships?

40:25

Julie

Oh well, it's interesting because, because the whole issue of intimacy was, I didn't, I never let, I didn't want to let anybody get close, because I was afraid of getting hurt. And again, it goes back to seeing the relationship with my mother and father. And I guess as well, I realized that...

I'm laughing because you have to laugh. Because this is really deep work.... It's really, it's really, it's like, so. now here's the scenario. So now I marry a man for security and money. And so what is the intimate need? So now I need to be intimate with him in a way that satisfies him? Because if I'm not, I'm afraid, he'll leave me. And I'll lose the money.

Ken

And you will lose safety.

Julie

And I will lose safety, then I will lose everything. So I put myself in another box.

41:34

Ken

And yes, and it's kind of becomes that meaning becomes overlapping. With the journey from being the princess to being the thief and to be nothing. Yes. And let's say, because you mentioned Joe, should I be safe if George takes off? And then you're left with nothing? Just like when that quantity? If and then you're left with nothing? You're not princess anymore, right? Yeah, those are, those are very connected, overlapping.

42:06

Julie

Whoa, wait. And it helps me when I did this. And I look back over all my marriages, and it helps me understand how I trapped myself, and why it was, why I even went into it to the beginning. Like I can understand, you know, my first marriage with George, it was like, okay, I can, I can see it. But the second time around was like that I thought I learned something. But I still didn't, because those same beliefs still came in there. Now, when you're married, you know, there's these rules about what it means to be a wife, and a good wife. And, you know, now I've got another sense of security, you know, Paul had lots of money, I had lots of money. So, but it wasn't, but again, I still didn't trust myself. So his money was more important than my money. It was just crazy. Like, it's just crazy making. And, and again, just, it's kind of sad, actually. It's very sad. But that was my reality. That was my reality. And I think, I think, you know, when I first came to finally see you, you know, it had been now, three marriages. And, you know, or the second time I thought I knew better for sure, by the third time. And it's like, no, no, I'm just repeating history. And in doing this, it's like, Whoa, no wonder I'm repeating history. Because I still have those deep, I still haven't understood those deep beliefs, and agreements I made with myself.

43:37

Ken

Absolutely. And the meaning set comes with whatever meaning we associate with just the way that you associate meaning with intimacy. It's just kind of like, you're trying to relate it to all the relationships that are intimate,

43:51

Julie.

Yeah, yeah. Yeah. And then this was interesting with the whole concept of kindness. There, I guess, the sense of meaning I made out of that was that there was no kindness in the world, that it didn't feel that there was any kindness. And so then, so then what I had to do was I have to protect my heart. Then I had to put a prison around my heart. I had to make good and make a fortress because I wasn't going to let anybody touch me. I was going to let myself feel so that not only couldn't I feel because I was going to feel overwhelmed, but I couldn't allow my heart to be open, because then somebody could hurt me. Because the world, it wasn't, I wasn't safe, and there was no kindness. So I had to put a wall around my heart. I couldn't let myself feel I couldn't let myself care or be cared for. So this whole sense of connection, you know, it was like, you know, how I can't allow myself to connect, because it would hurt too much. And then I made myself at risk of being hurt. Yeah. And I think that was when that became anywhere. But as I'm saying it, it's like I would I promised myself, I would never let anybody hurt me again.

Ken

That you wouldn't allow anybody to come close. Yeah.

45:26

Julie

And then the last one that doesn't list with your responsibility was, you know, there was really was this overwhelming sense that I was responsible for everything bad. So I had to work really hard. I had to work really hard to try to make it better for everyone.

Ken

Because that means that if it's happening in my home then it must be me. Yeah, if I didn't find you took the money, and spend on candy or to spend a lot of things that dad was asking me, none of that would happen. Yeah, yeah. So hence, I am responsible for everyone and everything.

46:13

Julie

And I need to make sure that everything is taken care then, which then, you know, adds to those boxes and adds to, now I have to make sure everybody follows golden rules, you know, that I made my agreements, I have to make sure I follow them. And everybody has to follow them, so that we don't have the chaos.

46:31

Ken

So as you reflect back on that incident, because that's happening when you are eight. How does that incident define your future?

46:49

Julie

What it meant, what it meant, what it meant was that I would, what it meant that I would live, I would live my life alone, that I would be alone on like, it will be alone with myself. And that I would be I can't I my future was going to be live from a place of fear. My whole, my world, my worldview, my way of seeing the world was to be afraid. Because it wasn't safe. So, so. So the whole future, everything was scary. Everything was scary. So then I understand to every decision is scary, because I don't know what the outcome is going to be. So if I thought about the future, I would be scared every time I thought about, you know, am I am I going to be okay? Is this going to come out? So it's, you know, there's the old saying, I know, I understand too. And so like, you know, it's like the old saying that says, you're waiting for the other shoe to drop. You know? So it's like, you there's no, there's no certainty, there's no safety. You there's no, you there's no, there's no. You can't rest in believing everything's going to be okay. So, so it's, you know, secure self who comes and tells me everything's gonna be okay. At the eight year old said, Nothing is going to be okay. You can't take anything for granted. Everything's going to be bad. And you'll have to just live in these boxes with these rules.

48:11

Ken

And that makes sense, because she's very hurt, right. So then, as you, as you look at it in larger terms, so how does those meanings that eight-year old is making have been playing into your life now, when you look back what do you see?

48:33

Julie

Well, I think the that was the, that was, the underlying theme of my life. That, you know, I realized that I'm still afraid. I'm still afraid whenever I need to make a change. If I need to even move, move back to go for a little trip somewhere, I get afraid. Because I'm afraid what's going to happen, I'm going to go catch the plane or whatever. You know, I'm afraid of making a mistake. I'm afraid, I'm still afraid. I'm afraid of making a mistake, because somebody's gonna get mad. And if somebody gets mad, so when it informs my whole life, I can still those things still, those beliefs are still here. You know, I'm afraid to make a mistake, I'm afraid to get someone angry. So that's still my lived experience. That's still my lived experience. I'm afraid, I'm afraid that I'm not going to have enough money. You know, I've worked hard, I save lots of money, I have lots of money. But I'm still afraid that tomorrow, something's gonna happen. It's gonna be gone. You know? And, and then I realized that part of what that meant, is I couldn't let my guard down. I had to be on it. I had to be sort of vigilant and on duty all the time. You know, I had to, I couldn't relax. I couldn't allow myself to enjoy. I couldn't have fun, because I needed to pay attention to make sure everything was okay.

49:51

Ken

And that everything is working.

49:53

Julie

Yes. And, and then I realized, too, that I can't let anybody get close because if I let somebody get close, because I don't want to get hurt. And so, so it. So then, not only did I feel alone then, but then my life while I lived my life making sure I was alone, because it was too scary to let someone get close.

50:18

Ken

Absolutely, because eight year old has seen a lot of unsafety and not having support. Right. And she kind of comes from that place with fear and hurt and loneliness. Yeah, yeah. And that throughout the throughout your life, and it's kind of kept coming up.

50:38

Julie

Yeah, yeah.

50:46

Ken

Yeah, so, so and so what are the ways that maybe you have kept those old meanings in the new situation when they emerge?

50:56

Julie

Well, I guess when I, I guess I was filling this out and thinking about reflecting on it, it's, I realized, I still believe those things to be true. Like, I still believe them to be true. So. So what happens is a situation comes up and I, I still react, and live from those beliefs and those meanings. So they still inform my life today. Because I somehow still think I still believe the world's unsafe, I'm still afraid of being abandoned. So it's, it's, it's like they still, they still color my world. I still see my world through those meanings, which I, which they may not make me, it helps me to understand why I'm here now, why I've lived my life the way that I have. And I also know that I'm not, I don't want to do this anymore. I don't want to do this anymore.

52:02

So then, why? Because eight-year-old kind of benefits from those meanings to feel safe, right? It's kind of like if the if the agreements are the foundation, the meanings are the walls and to protect your kind of life, in some type of safety. So what are the benefits of those meanings?

52:23

Julie

Well it is, as I thought about Tuesday, it gave me a sense of power and control over my life, like I had rules. So I had sense of power control. If I followed the rules, and I made these rules, then I would be safe, I would be in control. And nobody could hurt me. And I wouldn't have to worry, because I was now

in charge. It was quite an exercise looking at these questions I have to tell you, you know it, it was maybe it took me time to fill, to answer them and to just to take time to think about them. Because I guess the other thing too was that was that I realized as I look at it, it's, it's still it helps me to understand why I chose the work that I chose, you know why I still feel responsible because again, that was embedded that that was what I really believe when I was younger. And, and I guess if I, if I was responsible, then it was mine to fix. So it isn't surprising that I went into medicine, because where's the biggest place in this world where you can go to fix things, become a doctor, and a surgeon, especially the surgeon, as a surgeon, I can go and cut it out and it's done. Which is you know, it's very satisfying when you could do that. Yes.

53:44

Ken

And then you can help the next person. Exactly, exactly. Exactly. Thanks, you're probably fixing and...

53:51

Julie

...Fixing. And now I have a sense of meaning and purpose in my life. Like I had the meanings of what happened to me. But the fixing and looking after gave me a sense of meaning and purpose. So to know, you know what, I do have a right to be here to just nobody wants to tell me that I don't have a right to be here, but just look at all the good things I did.

54:12

Ken

Yes, that's kind of like to have evidence to show that you're good.

Julie

You bet.

Ken

Yeah. Awesome. Let's see I have done this. I have done this. I must be good. So and what is the cost? What is the cost? What has been the cost of all those meanings in your life when you look at?

54:33

Julie

Well, it's interesting because because in as much as I have all this evidence that I am good. There's still the eight year old in me, that still doesn't know she's good. And so the cost of all these meanings as they cost this living rather plan was that I was always scared. I was always scared. I was always on the run. And I always had to look after others. So if I'm out I was looking after you, there's absolutely no time for me. There's no time for me at all. Because my priority is you. And I have to fix you. Because if I don't fix you, I'm nothing. So let's just do it just gets into this negative cycle here. And then the other thing was, is I allowed myself. Now, I couldn't have any feelings. I couldn't have any fun. I couldn't be in relationships, I didn't get I didn't have any. I've never allowed myself to have what I would call, even know what having a real friend, somebody who you have fun together with and mutual joking and stuff, because my friendships all became, well I will look after you. You know, they all turned into that. And,

and ultimately, ultimately, what you see on the outside is the evidence of a successful woman. But what's on the inside is a profound sense of being alone. Because I made that happen, because I wasn't good if anybody came close.

56:01

Ken

The cost is the cost is a deep, deep, deep feeling of loneliness.

No matter how well you worked, and you're still really alone. Yeah. Yeah. Interesting while secure self to take care of that eight-year-old to make sense of life. And try to find agreements you find some meanings to just say yourself to reassure, to reassure you.

56:41

Julie

It's hard because I promised myself I wouldn't feel it you know, because these feelings are coming in it's now I know that I have to say it's okay now to feel my secure self tells me it's okay to feel. That she's there to hold me so I could feel.

57:01

Ken

Just notice that secure self and everybody else my attachment circle, comforting and nurturing.

57:15

Julie

I could just see her just, I see her being held by secure self and I see her just sobbing, she's just, she's been holding in so much tears. She's been so alone that I can actually feel her in my body, I can feel my body start to relax as she relaxes a little bit.

58:00

Ken

So as you look at that, how do you feel about the meanings you have been making about yourself in the incidents in general when you look back?

58:14

Julie

Well, I guess when I, I mean, when I when I look at it all, like, I sort of, to me, when I looked at this, it felt it felt overwhelming. It felt overwhelming. It felt it was overwhelming to see what had happened. And it was really sad to see that. It was really sad to see how how this whole incident, you know, affected my life. I would affected my life. And it was really even hard for me when when I looked at how do I feel? I have to think about it. Because I wrote, you know, I can understand I was only in a child and the meanings made sense through the eyes of an eight year old. But then I had to say, Okay, but what am I what do I feel as I do this? And it was that that overall sense of overwhelming sadness, overwhelming sadness that this young child who was terrorized, felt she had no choice but to make those agreements in order to be safe.

59:24

Ken

When you're looking at things that now how do you feel about those meanings now?

59:29

Julie

It was interesting because I realized, as I step back and look at it, I feel a sense of compassion. I feel a sense of compassion to that eight-year-old who was living there, and a sense of gratitude, I think as well. A sense of gratitude to that eight-year-old who, who managed to make a plan, because that's what she did. She made agreements with meanings. She made a plan so that we could keep living, you know, so that we could keep living.

1:00:00

Ken

Yeah sometimes in situations like that, when you go back to the incident, we make some type of meanings in relation to our core emotions. And whether it is sadness, happiness, joy, hurt, surprise, anger or choice when you look at back. What kind of meanings? What kind of associations are you getting with that.

1:00:28

Julie

Well, I guess the, what I understood, what I wrote, because again, when the meanings for all of that pain was that it was overwhelming. The meanings were that for her, the pain was overwhelming. And so then the intensity of those feelings was too much for her experience. And so then I, I understood that then, in her own little mind, she's, well, they're not going to feel so she had to freeze, she had to freeze so that she had to somehow block them out. So in order she couldn't make sense of, there was no sense of meaning she couldn't feel them. So she blocked them out. And then then I realized that what she did was she went—I-- she went to her at, you know, I protected the heart. So then I'm going to fix it, and how am I going to fix it, I'm going to figure it out. And so, so then the, the, so then I understood then too why my, my security blanket, when I was growing up, were books. I love to read, because the reading gave me a place I didn't have to feel. And so it also gave me a place to figure out, I could learn how to fix it. So I could learn how to fix it. So, so again, so So in order to so, I guess, in order not to feel those things, we figured out a way to not feel them live from our head, figure it out and fix it, which then fit into our agreements.

1:02:05

Ken

And this makes a lot of sense. Yeah, totally makes sense. So now when you look at all your life as a sixty year old woman, and you try to turn the page and try to just, you're just retired, which way to kind of like enjoy life, then suddenly all this trauma stuff coming up. So and the meanings are kind of really, really clear, right? So what would your secure sell say to yourself say to you about all those meanings you made?

1:02:39

Julie.

Me go back to when she came down to see me the dungeon, you know. She would tell me that those were normal, healthy responses to being in a place of terror, and being fearful for my life. You know, the eight year old did what was necessary to get through this, you know the talk about survival instincts. So their survival instincts to keep safe were what came. And so secure self would say, I understand, and you did good work eight-year-old, you did good work, to try to figure out, to make sense of and give them a sense of meaning. So that how you could navigate your life from that point. So she she's, she's reassuring the eight year old that she did good work, even though it feels like because I live my life from the eight-year-old's perspective. It's hard to see that. But that isn't the eight-year-old's fault. It's not the eight-year-old's fault. It's you know, I'm the one who chose to live my life. And I'm just really grateful that my body said, my hips said, said stop. You're not going anywhere. And so. So I guess the other thing she says is that yes. You know there's I always believed there was always hope for healing so that's true. So, she says it's okay, now it's okay, now. You can let go of the beliefs. You are safe. And you don't live in that world anymore. We live here now we live in this world and you're safe. I'll keep you safe. You're safe with me. So she tells me that I can let go of the beliefs.

1:04:26

Ken

Just for a second, take your time. Go back to this attachment circle. I used to be an eight-year-old who was making those meetings. Secure self is giving her permission. How is it finally for her secure self to say that she has been there to help you, and secure self can be on your side, can explain the meanings can open up and make new meanings. So finally for her to have support without which she couldn't have done it.

1:04:59

Well, I can see her in my mind's eye. I can see her with secure self in me, I can see her looking at both of us. You know, she's got this. She's looking and she's--there's this, there's a, there's a shyness to her. There's a, it's like she's just wondering, she's looking, is this true? Is it really true? Is this true that you will help me that, that I don't have to do this alone anymore? And I think as, as she's, she sees us there she is able to realize it. Maybe it's almost like I could see her opening. Like she had this Scribbler. It's like, she had this Scribbler. And she wrote down all these fools. And it's like, it's like, I can see her now. Because books are so important. So of course, you'd have it in a book, of course, she'd have it in a book. So she can go to the book. And we can sit with her and say, okay, here was the rule, then. What's our meaning now? What's our new agreement, so I could see her realizing that it's okay, now, we can rewrite the agreements, we can give a new meaning and purpose to our life, we don't need to do the same old anymore. Because we're going to put it in a book for her. We'll put it in the book for her.

1:06:46

Ken

And what's happening in your heart, as she's getting that support from you from your sacred self, about the meanings you made?

1:06:59

Julie

Well, if I can imagine the image of a frozen heart, if I can imagine that, or that feelings are starting to melt, she's not frozen, I can imagine that her heart is softening. There's a melting that's happening. So her heart can start beating again, as it's supposed to paint just a rigid heart. And I can, I know, I know, she's been scared for so long that I need to go slow, we need to go slow, we need to give her permission. And we'll just go slowly, one step at a time, give her all the time she needs to be able to trust us and to start rewriting that book.

1:07:51

Ken

That was lovely. As you reflect on all the attachment meanings, and before we end so what's what sticks out for you, what are you discovering?

1:08:10

Julie

I guess, I guess, what's sticking out for me is that those attachment agreements aren't made in stone. That they can be changed. So that they can be changed, they can be changed, they can be changed and rewritten. You know, that I guess they would sticks out for me as is that even though it's been a long time that I've lived by those that there's this sense that there's a hope and there's a knowing that it will get better and we can be different that it will be different as we rewrite that book.

1:09:02

Ken

So last thing for today, and that means next time we will continue with the losses and grief that comes and usually as a kid we don't even have time to think about that stays with us as we process. So you can look at that and then in between you can reconnect with your secure self. Be with the eight year old and just watch the results as she learns attachment from that attachment circle. That's what we're gonna do next time.

1:09:36

Julie

Thank you.