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ARPT # 4 AC

00:02

Ken

So, Julie, last week we went to the attachment losses and grief, That was kind of lots. There was a lot of heaviness. So, how did you take care of yourself in between our sessions while we are working on the compensations? So, were you able to do secure circle? secure attachment circle? How did they, how was the week for you?

00:30

Julie

Well, it was heavy, it was heavy. I, I realized that I think what I realized when we did that, the losses in grief that, that most of that stuff, I never even allowed myself to acknowledge that I had those losses and that I was grieving the loss of those things. Because, again, the sadness, the sadness in the past was always so heavy, I didn't know what to do with it. So, I just wouldn't even go there. So, I think, having done that, and having the attachments circle and stuff, at least gave me a bit of a process. So, I could allow myself to feel some of the sadness that I didn't before. But then I think what I realized was that I understood then, in a different way, after all these losses and greed, things that happened to me all those losses is like, wow, how can I compensate to make it better? You know, and again, I think then it also made me realize that, that my whole, you know, we talked, you talk about compensation would be that I, I really wanted, I felt such heaviness with this, that I really didn't, I really didn't want my any of my children, for sure. I didn't want my husbands I didn't want anybody to have to feel those things. So, it made sense to me that I would try to give them what I didn't have. So, they wouldn't have to feel what I tried not to feel.

02:04

Ken

So, in a way you tried to protect them.

02:06

Julie

I did, I did. I tried to protect them. I will I mean, basically, I tried to protect them from real life. I tried to create a world where there was no pain, suffering or sadness. And mama somehow would always fix it for you. And, and I guess, you know, as I was, I was doing the stuff you gave me, the questions and stuff that I've looked at over the week, it was like, whoa, it was really hard to sort of see how, how much I tried to give the others what I didn't have. And in many ways, in many ways, I realized I did it in a way so that I wouldn't have to look at, it's crazy. But I, I, how to I put it, it was like by giving, compensating, and giving you what I didn't have, I didn't have to acknowledge my own losses then. It allowed me to avoid dealing with any of those pains and feelings. So, it was a way of avoiding. It was the way of avoiding having to feel some lots of things. So, I brought I, I, I, spent, it was hard. It was it was it was it

was hard. Because I went through, it took me back to lots of places. And it was hard to sort of see, it was hard to say how embedded all my patterns are. And I think it was interesting, because when I, when I, when I started when I started doing it, I, you know, I started as eight-year-old Julie from you know, okay, this is what she saw. So, so I started with my sisters and, and my family. And then it went to friends. And then it went to husbands. And then it ended up at work. It was like, oh my god, I did it everywhere. So, it was like it was, you know, it's a good thing. It's a good thing. We've done the work that we've done, so that I didn't have to beat myself up forever. Because I was just living from a place of survival and to be able to be compassionate with myself as I go back and review and see what I've done and how I've lived. And I guess the other part is to know that I kept repeating it because obviously, I still was needing to do it that way. And it wasn't until you know, I stopped when my game I put my my my hip was the one that said Okay, that's it, you're not going anywhere. So, you know I had to hit a wall and to do the deeper work. And I guess it's makes it easier to do it. Now, when I know that there's a process in place to help me understand, so I can answer these questions and take a look at it without going into a deep depression. Because look what I did, the judgment isn't there. But it still was a challenge, I have to admit it was a challenge.

05:16

Ken

Of course, it's a challenge because it's kind of survival responses. And it since it's a relational survival response, and so you will see that you're doing that in all relationships. It is just not you know, relationship when eight-year-old in the family, it becomes the relationship that you had as a teenager, as a young woman as a, as a young professional as a young mother and then in your marriage. So that's kind of what's happening. So, if it's okay, just the last look at a little bit more in details. Okay, so, again, we are going to start from one to eight and, and since then you've been compensating and all of that stuff, how do they feel falling to life and in the relationships? Because that is one of your strongest survival mechanism, right? So. So when you look at when you look at what are the risks that you have in taking care of other people? What does that look like since you were eight? Because you were taking care of losing that incident? And then some of you are taking care of mum, which we will be processing those incidents around mom around that around Louise. So when you look at back, how did you compensate? How would you describe compensation?

06:54

Julie

Well, I guess what I how I describe it, my understanding of compensation, is that is that what I try to do is I try to give to other people, the things that I felt I didn't have. And so if I think about that incident, if I think about the incident you know, I think one of the, the core things about that incident was I was feeling scared, I still I did, there was was there was a couple of things as I was feeling scared. I was feeling abandoned, and I didn't want to I don't want I don't want my so I was feeling scared, I was feeling abandoned. And I felt like we didn't have any money. And so, I think I became to appreciate the financial insecurity that I felt as a child, how, how I wanted to make sure that my children never had to feel that financial insecurity, like I did. And so that affected that. So that affected all of my relationships. And, and I guess I mean, I can, I can take a thread probably through all of my life how I compensated the choices I made, to make sure that I was felt safe. I had security that somebody was going to look after me and not be abandoned. Does that answer your question?

08:29

Ken

Absolutely.

08:31

Julie

So, so, okay. So, you said so as we do this, do you want me to, do want me to do it chronologically as we as we go through the questions.

08:45

Ken

Absolutely, so were going to look at that. So, when you think about, you know, from when you were younger and then since then, right. So, so I notice that kind of like in that incident, you became you became a parent to your sister, right? Yeah, that's how we started and then how did that kind of unfold later on?

09:11

Julie (cont'd)

Okay, well. Oh, I mean, I mean, I was, I looked after my sister, and then and then I guess when I was a, when I was going to school. (Brief pause). It would be like as soon as I, as soon as I saw somebody struggle with something, I would want to rush in and help them fix it.

09:52

Julie (cont'd)

And I guess it's interesting because, it's interesting because, when I, when I, when I think back to when I answered the, when I fill out this form it was, it would be oftentimes, when I was younger, I didn't have any money. All right, we didn't have any money. So, then I would I think, I don't not sure if this is what you're looking for, but, but my.

10:28

Julie (cont'd)

but I had to protect everybody, I had to protect everybody. So, so if I take a look with my friends, all right. So, so with my friends, I didn't, if I felt like I was the one who was responsible, I was the one who had to parent them. So, if something came up, I would often tell them what they should do, I would tell them what they should do. And, and, and I realized that sometimes that really ticked them off, because I came across as the big boss and knew everything. But in the reality, I was trying to protect them, because I really did think it was my job. And so, I would tell them what to do. And then if they didn't do what I wanted them to do, then I will get angry with them. And then my relationship would run into trouble. So here I was, trying to tell them what to do to make it better. They didn't listen. And then I felt like they had abandoned me I guess or something. And then our relationship would fall apart.

11:28

Ken

So that's how you were looking after, looking after the friends.

11:32

Julie

Yeah, yeah, it was like, because again, you see, I was, I was, I was.

11:45

Julie (cont'd)

All the things that I ever tried to learn, everything I ever tried to learn, I learned them so I could use that, I still I could use that knowledge, to tell them what to do. So, it was never about learning something for me. So even, that's why I became a doctor, I became a doctor, so I could have all this knowledge, and that I could tell the others what to do and fix it for them. And, and, and I realized that even with my mother, I mean, with my mother, you know, my mother was always someone who, who, who always had the cup was half empty. And so, every time we had a conversation, I was always working really hard to try to show her, you know, we can't you don't, why can't you see it the other way, maybe the cup is half full and not half empty. And, and I would always try to help try to get her to try to see it from a different perspective. And she never got it and I work so hard; I spent so much energy trying to help her. She didn't understand. And then I realized the message I gave her was that she was stupid. That wasn't my intent. My intent was to try to help her.

13:07

Ken

So, Julie, this goes kind of deep. When you look at the 8-year-old, she did not get any help. So, she is saying that if I learn and then if I guide my mom, my friends, or my colleagues and if I just learn enough to tell them what to do, they never ever have to feel the way that I had to feel.

13:29

Julie

Exactly, and I could fix it for them. I could fix it. I would fix it for them. And, and I'll give you. Well, I mean it's I mean there's it there's there's lots of little examples. It's an example was I remember, I remember one time I was I was out in my my. Ali loves to read, she loved to read. She loved to read. And, and I remember I was shopping and I saw this book on, and she loved volcanoes. And so, I saw this book on volcanoes. And so, I bought this book, I brought it home, and we gave it to her, I was so happy, it was gonna give her something to help her learn. And she looked at me she said, Mum, why did you waste your money on that? And it was like, it was like, just a minute. I was trying to give you something to teach you. And, and it was like I couldn't understand why she couldn't understand why she just didn't say hey, thanks mom for helping me. And I guess that there were many times when you know we've been with. Well, I mean, when I think of George, when I think of George, George has Crohn's disease, right? Okay, I, I'm the doctor, right? I know the things he should eat, and he shouldn't eat. And I know what's going to happen. And so, here's what happens is, I see him going to eat something. So, I say, you know, George, you really shouldn't eat that is not good for you. And he looks at me with is like, who do you think you are that you know better than me. And then it goes and eats it anyway. And then it gets in pain. And now not only is he in pain but now he's ticked off at me because I

was trying to boss him around. It's like, I can see now did this, it's like, oh, my God, no wonder they said I was bossy. But you know. When I was growing up, I had my two sisters, somebody had to look after them, mum and dad weren't there. And so, they, they, they would always get angry at me, because I remember one of them saying, who do you think you are, the boss of me? It's like, yeah, I'm the boss of you. I'm the oldest, you know, and, and so it would be, but I guess I'm in, my in, I was trying to do was, so it was better for them. Because I didn't want them to have to go through what I went through.

16:13

Ken

And that's kind of interesting, right? As you're compensated. And other people perceive that as boss as if you're telling them what to do. And if you're kind of like, controlling them or doing that, that's, that's a kind of big, big realization right. So, when when you when you look at that. So, in that case, a lot of work. So when you look at as you kind of like learn and allocate your time and so on. So what have you been sacrificing? In order to keep the peace?

16:53

Julie

I mean, I could have written, I could have, I mean, I could have summed it up, I could have summed it up very few words. What did I sacrifice, I sacrifice myself, I, I, silenced myself, I didn't speak my truth. Because I wanted peace. I did not want my children to see any conflict within the family. And, and I also didn't want to have, I didn't want to get so that with my children. With my children. I didn't want them to see any complex. So, there were. So, if I think about it you know, George was really private about Crohn's disease. Right. And I knew that things he should or shouldn't do. But he was very private about it as well. And I realized afterwards, that not once did I talk to my children about what they needed to know about the fact that their dad had Crohn's disease, and even just to give them enough information, so that they would know if Dad got into lots of pain, what they shouldn't, shouldn't do. I just didn't say anything. So, I, I didn't because I knew that George didn't want anybody to know. And so, I took it to the extreme. So, I sacrificed my children's awareness in order to keep my husband happy. Because I was like, compensating I didn't want my children to see any conflict. And so, I silenced myself on many things. And, and it was interesting, even with, with my relationship with George it's even hard to talk about. It was you know, our whole our whole in sexuality is the foundation of a marriage relationship, right. And, and, you know, I think back to the first time, he asked me if he could tie me up. I didn't even consider saying no, I didn't even consider saying no. Because that would upset him. And I didn't want to have any conflict with him. And I, I guess, even deeper than that.

20:09

Julie (cont'd)

I learned from the incident, how scared I was of not having any money. Because it was all about the money that we spent, that my dad didn't have, that we got into trouble. And so, I grew up believing that there would never be enough. And so, I know that part of my compensation was in my decision even to marry George was I knew that he had a business, he had lots of money, I would be secure. So, so I didn't even consider what I really wanted. I knew what I want not to have. And I knew that this man could provide that for me. And so, when it came time in the sexual realm, when he asked me to tie me up, I couldn't say no. Because if I said, no, what if he abandoned me? And then all my financial security

went out the window, and then my boys and girls will be left with nothing. My children. At that point, I didn't even know how many children, or if I have them. But it didn't matter. The potential was I was going to have children. And so, I had to stay committed there. For my future children.

21:21

Ken

As a way, as you as you kind of mentioned this kind of like your sacrifice yourself. To, to keep the peace

21:34

Julie

And I guess...

21:40

Julie (cont'd)

I mean, and, and again, it's even, I mean, to me, my marriage to George was my first intimate relationship, right? And so here I was, here, I was. The doctor, he had Crohn's disease. I watched my father not take responsibility for his health, and my mother picked up the pieces. And so I was like, well, my mum did that. I guess it's my job. So, in order to not repeat history, in a crazy way, I just looked after him. I didn't, I didn't challenge him to look after himself. I didn't say no, I'm not going to do that. I didn't say, well that's your responsibility, I took responsibility. And I continued to look after, I continued to be the one who monitored what he ate, make sure we had all the right food in the house. And I was the one who took total responsibility. And, and then I got blamed when things didn't work, but it was because I wanted to make sure that he was looked after. Because I didn't feel like I was looked after. And if I looked after him, I guess in my heart, in my heart of hearts, I believed that if I looked after him, he would look after me.

23:14

Ken

That's why I can compensate.

23:17

Julie

Yes.

23:18

Ken

If I can compensate, then he will compensate back.

23:23

Julie

Yes. Yes.

23:25

Ken

Yeah. So that's, that's kind of how that kind of course right? That's the sneaky one when it comes to compensation. Yeah. So, when you when you think about the question, what have you been offering to others that you feel deprived off? When, when you were looking at the handout, what they've come up for you?

23:52

Julie

Well, it's interesting, because I've even as I look at it now, it said, what I wrote was, I would buy things for my family and friends so that they didn't have to go without. Somehow, I guess somehow, I believed that if I had had all these things, if I had, if I had, when we had no money, we had no money. And so, I mean, I worked when I was young. And so, I guess there was this belief that if I had had nicer clothes, or if I'd had more toys or more books, life would have been better and so, so it's interesting, I would buy things for my family and friends. And what's really, I didn't even see it at the time. Well, if I was going to buy you a nice shirt, I wouldn't just buy you one shirt. By now I was having making money. I had money. So now I would buy you two or three shirts. So not only did I buy you things, but I bought you more than you needed. So that you would have more than enough in a way, so that you would never have to do without.

25:12

Ken

That's important. It kind of comes from that agreement, right? Not having enough money.

25:22

Julie

And I guess, and I guess, in some way, there was still this, because you see, it was a little different dynamic there. It would be, well, it would be, I know, I know, you can't, I can buy you things, and I know you can't buy me things. But what I'm hoping is that by buying you things, you will love me.

25:59

Ken

So that's how you compensate? If you love me, and then you will not abandon me.

26:06

Julie

Yes.

26:07

Ken

Then you will take care of me.

26:08

Julie

Yes.

26:11

Ken

Then it goes back, if I compensate, you will love me. And then you will take care of me.

26:17

Julie

Yes, in intimate relationships. To me, that meant that his sexual desires were what I needed to provide him. It didn't matter what I wanted or didn't want. What I needed to do was I needed to make sure that he was fulfilled sexually, in a way that was meaningful to him.

26:43

Ken

He was fulfilled sexually in a way that was meaningful to him. So, he doesn't have to feel that curation of not being fulfilled?

26:53

Julie

And, and I guess, well, and I guess, in some ways I wanted him to feel that he was a powerful man. Because I guess in some ways, when I, when I looked at my father and my mother's relationship, there was no, there was, there was, it was, I don't, my, my, my father was never treated. So I didn't see my father being treated as a, as a powerful man, I saw him being always put down by my mother in a way. And so, so in order to make George feel like a man, and I guess, I felt that that was my job, as a wife, was to make sure my husband was fulfilled. Because then if he was happy, I would be happy.

27:06

Julie (Cont'd)

So again, it's, it's all about if I make him happy, then he'll look after me. And, and, and the sexual piece was just, I guess. I'm going to mean, it goes back to, you know, when I was growing up, when I was growing up, you know, we were always told, don't tempt the boys so much that you get them all turned on. And then you leave them with, with what we call blue balls, like we get them turned on, and then we have to make sure that they have satisfaction. So, it goes way back. So, so that whole thing about looking after husbands was there when I was young, and it portrayed all the way through. And I guess, I guess, I guess what I didn't want is, I didn't want my husband to get mad at me. Like my father got mad at my mother. Is that crazy?

29:06

Ken

That makes a lot of sense, eh. It's kind of like this. Since I was the pride of lots of stuff. Such as right now we are talking about George, if George gets what I didn't get whether it's pleasure or satisfaction. So on, then he, he will not get mad at me. And I can keep the peace.

29:30

Julie

And he'll look after me, not only keep the peace but he'll look out for me, all of it.

29:33

Ken

Yes. And then he will look after me. And then I will be okay with him in and not taking responsible for his health because it's my job to take care of him. So, how does this deprivation apply? When you think about Paul and Bob.

29:55

Julie

Okay,

30:02

Julie (cont'd)

Well, okay, I got to, you got, I got, I need a minute, if I can.

30:07

Absolutely. So, if you think about a question in relation to them as well, what have you been offering to others? In this case, for Paul and Bob that you feel deprived of?

30:17

Julie

Well, it's interesting because oh, oh, I

30:46

Julie (cont'd)

I mean with Paul, it was the BDSM. he wanted to be, he, it's the same thing. He wanted to be the dominant and so I agreed to be the submissive. And so, I guess what I was really, I felt like I was, I was deprived of feeling like it was okay to be a woman. Because I, when I saw, what happened with my mother and father, I didn't want to be like my mother. You know, my, I remember hearing them being sexual once and thinking, how could my mom have allowed my dad to do that to her? So, I wasn't going to, I wasn't going to be like my mother. But at the same time, at the same time, I'm a woman. And so, I have deprived myself of, allowing myself to be a sexual woman. And so, by handing my sexuality over to my husband's, they, in a roundabout way, I gave them power over my sexuality. So, I could be sexual, because I didn't know how to do it any other way.

32:06

Ken

So you tried to compensate for not knowing.

32:09

Julie

I tried to compensate for not knowing. And, and I guess, in some ways, not wanting to be but knowing, but what not wanting to be because it was such a negative connotation, associated with my sexuality as a woman. But at the same time, knowing that I wanted to make sure my husbands were satisfied, so

that they would look after me. And so, I oh, so I sacrifice my own sexuality in order to please them. So that I would feel safe and secure and looked after.

32:51

Ken

A little earlier you kind of giving an example of not leaving the boys with blue balls, it's kind of like Nana was kind of saying that I don't want them to feel deprived, I will take care of them.

33:06

Julie

Because if I, if I take care of them, it goes back, because if I take care of them, then they will take care of me. And I guess with you know, especially with, especially with George, my first husband, and then with Paul as well, because again, by that time, I was making more money, but again, I still was feeling insecure in my own self. So, I still felt like I needed the financial support of a husband. And I guess, with Bob, Bob was very different. Bob was different in that, in that his sexuality was the opposite of the other two, he, he, he didn't believe, he didn't want any sex toys. He didn't even look at pornography. But he, he, he, as opposed to me looking after him. He wanted to look after me so, so I got caught with losing myself because I had to be, I had to let him look after me. And then I couldn't do anything. So, it was the opposite. So, it was the, so instead of being the boss, I was now being bossed, I was being bossed. So, it was I don't know, it's, it's, it's almost like doing the opposite because I didn't know any other way to do it. And I thought it would be different.

34:46

Ken

Relationships is kind of about making them a priority. So, which takes me to the next question. So how long have you been making the other sub priority and putting them for first?

35:20

Julie

I think that no matter what relationship I would be talking about, whether it was with my children, or my friends, or my husband's or even my colleagues at work. If, if there was something that they needed to be done, and they wanted it done a certain way, I would look after them and do it for them. And I wouldn't even acknowledge that I had any needs. So, I had, I

35:58

Julie (cont'd)

I denied that I had any needs at all, or any right to have any needs. So, I would, so you know, I would spend all my time looking after everybody, and then I'd be exhausted by the end of the day. But instead of then taking time to look after me, I would just my mind would already, were on the next day, I'm gonna keep looking after.

36:27

Julie (cont'd)

You know, a good example is, is, you know, my body has told me, I should have stopped because of my hip pain. Well, I've had, I've had pain in my shoulders and my back my whole life. And rather than paying attention to it, I wouldn't listen. And I would just keep going and giving and doing. And if I needed to, I take something to take away the pain. But I wouldn't pay attention to what my body was saying. Because I was just driven to look after the others. Instead of slowing down, I just kept going, I didn't know how to slow down. I mean, you know, when I think about you know, the kids after school and stuff, like, you would be like, you, you're always busier, you're preparing meals, you're taking them here, you're taking them there, you're doing everything for them. But you don't take any time to even just sit and have a cup of coffee. And then you end up getting really angry and frustrated because well, I'm looking after them who's going look after me?

37:37

Julie (cont'd)

And then, and then I, I didn't give myself permission to play, to have fun to just enjoy things. And then it came to the place where when I was there getting angry and resentful. It will be I had no right to have those feelings either. So, then it all, it all I didn't have, I couldn't even look after any, any part of my body's feelings anything. I didn't I, I could not. I didn't allow myself to have any needs.

38:19

Ken

Yeah, that's kind of interesting, I noticed that one of the things that you kind of have put on an answer was, I couldn't buy nice things for myself. Can you tell me more about that?

38:32

Julie

Oh, oh, that one's an easy one. That's an easy one. I can go spend a whole bunch of money on my children or my friends or buy the nice things. But then if I want something for me, it's like, oh, do I really need it? It's too expensive. You can do without it; you don't need it. I would be able to deny myself those things and

38:57

Ken

You will deny yourself, what else have you been denying yourself in order to make the other person happy?

39:12

Julie

Well, I would deny even

39:26

I, I guess I, I didn't allow myself to be who I was. I denied myself being me. Because what I realized was that I always tried to be what the other person wanted me to be. So that if they wanted to do something, even if I didn't want to, I would still go ahead and do it. Because I wanted them to like me. I wanted to make them happy. It didn't matter whether I wanted to or not.

40:09

Ken

So that as you think about, as you think about denying yourself, part of that is also giving up. What is important to you sometimes to fit in sometimes just to make sure that you survive. So, what are the things that you have given up to fit in to accommodate to compensate?

40:52

Julie

I guess I were, I, what I wrote here was, I didn't allow myself to be me. I didn't allow myself to be me. I didn't even know who I was. Because it was always about what the other person wanted. So, I denied myself of being myself. So, if it could be a simple thing, which movie do you want to go to? You know, which movie do you want to go to? As soon as the other person said what they wanted. even if I, I would, I would, I would say I Okay, I'll go to that movie. I wouldn't even say anything. I wouldn't even say well, how about we try this one? So, I, I gave up my voice I gave up even having a voice I didn't speak up for myself. I silenced myself. I silence myself. So, I guess, ultimately, what did I give up? I betrayed myself. I give, I did the ultimate betrayal. I betrayed myself. I didn't give up on myself to make you happy.

42:30

Ken

So those are huge ones .. being able to just give up who you are to fit in. So, to do that sometimes we have to dismiss our needs. So, when you look at back, how have you been dismissing your own needs?

42:54

Julie

Well, it's funny, when I wrote this, it was really interesting when I wrote it, because it was like, what need and I wasn't supposed to have needs. And so what I realized was that sometimes if I think without even being aware that I felt a need, I would, what I needed, I would give to the other person, thinking that that's what they needed. But in reality, it was what I wanted, but was too afraid to ask for. And then, and then what happens is, I'm giving them something that I need, and they're not being appreciative. And I don't understand. Because if you gave that to me, that's what I'm desiring. And if you gave it to me how appreciative I would be. And here I am giving it to you, and you don't even appreciate it, then that makes for terrible relationships. Because no, oh, no, I'm trying to give you something that I really think is really important, because it's important to be and you don't appreciate it. And now it's like, well, no, I'm not going to do I'm going to get mad at you. Because you don't appreciate me when in reality, we wouldn't you didn't desire what I was giving you because I wasn't even aware that that's really what I want it. I wanted you to give it to me. So, I gave it to you, hoping you would appreciate it and giving it back to me. And when you didn't, I was pissed off. Cause didn't get my memo, didn't you figure it out? Like I guess there was just this, it was this. It was, now I'm trying to compensate in thinking you will, if you will, I don't, I can't use the word but, but I'm giving you what I want. So, can't you figure out that, can you figure out that if I'm giving it to you, I want it. Like it's, it's like the old saying, I can't read your mind. Well, I expected them to read my mind by my actions. So if I give it to you, you give it back to me.

44:56

Ken

That's interesting, right in that one. So yeah, you're attending to the other person needs the way that you should have attended to yours. But then they are not able to attend to your own needs. So, you get upset, right. And the interesting part where we are in compensate state, we keep doing the same thing over and over.

45:16

Julie

And then we can't figure out why it doesn't work. It's sort of, it's sort of a, it's because I'm trying to give them what I need. But I haven't got a clue what they need. And so, the nobody's needs are met in that.

45:32

Ken

What other ways have you been dismissive? When you look at it?

45:37

Julie

Well, I guess, I mean, I, I mean, I, I wrote I, I never allowed myself to have any feelings. So as soon as I would feel something, I would get scared. And I block it and push it away. So I, so, and especially, especially, well, especially feelings of needing help. I think I denied I think one of the, one of the things I said in the incident was, I would need no one. And so, then I would deny my need to even need one somebody or to need help. So, I would not ask for help, I would not reach out. And then I would get upset. Because I would be the anticipating that, can't you see that I need help without asking for the help. So very indirect communication.

46:34

Ken

Can't you see that? I need help. Yeah, absolutely. It's very indirect.

46:41

Julie

And, and then. And then I guess what would happen? I would be when I would get upset, and they'd say something, I would, I would attack back. I would, I would then I would then get angry. What do we don't understand that would be, then I'd become defensive. So I, I never, I was always losing. I was always losing. And so, I think eventually, eventually. I mean, as in that incident, my needs weren't met. So then why would I expect anybody to meet my needs. But if I gave you if I, if I gave it to you, I guess I was hoping that you would see, if I give it to you, that you will understand that you need to give back I don't know, it's very crazy making.

47:31

Ken

And somebody, who, would be in their compensate state right, just like you were. They could understand that, they may kind of reciprocate, but in a different way, and then they will expect you to do that to them again.

47:55

Julie

So, there was always, I guess in some ways, when I think about this, when think about this. I guess my, my whole life then in some ways, lived a hidden agenda in some ways. Because I did find this, I did, you know, do what I was doing. When I was writing this, it was it was challenging to be able to see that. So I denied myself being able to be give, I didn't know how to do direct clear communication. I didn't, I didn't I wasn't honest. I denied myself being I couldn't be honest with myself. And so, I wasn't honest with myself. So, I couldn't be honest with you. So, we couldn't communicate in a healthy way. But, but if I looked at you, maybe then it would work. So, the looking after was a real big compensation for so many things.

49:12

Ken

That one is a really big one.

49:20

Julie

And I'm trying to think about about work. I mean, I think I even chose to go into the field of oncology working with people with cancer, so that I could.

49:46

Julie (cont')

in a crazy way, oftentimes, by the time people were diagnosed, it was late and they'd seen many doctors who didn't listen. And so in some ways, I was trying to look after them in a way because my colleagues didn't. Does that make sense? So I was in the same way that George didn't take responsibility, if my colleagues didn't take responsibility I would be called in to clean up the mess afterwards you know whether it was the surgery or you know tests are something that I would now have to go in and clean up and then I'm the one who is trying to help this person explain things and look after them. Sometimes I went overboard I would do things for them that no other doctor would do because I was trying to compensate to make it better for them because somebody else had messed up. No wonder I was exhausted all the time.

50:47

Ken

Absolutely, absolutely, so you did a lot of care, caregiving, caretaking.

50:53

Julie

That's why my life, my life was giving, giving, giving, giving, looking after that was my life and all hoping that somebody would eventually look after me.

51:12

Ken

No matter where you are just looking at somebody else to look after you.

51:20

Ken

So there's kind of a lot of stuff happening there, right? Compensation

51:30

Ken

Just connect with your secure yourself and let them do that, let them do what they need to do.

51:55

Julie,

So, I have to, so what you're suggesting is that I allow my secure self to tell me it's okay.

52:09

Ken

Just reassure you. I see you, I hear you, I got your back, and you don't have to compensate anymore

52:30

Julie

My whole

52:43

Julie

By compensating I felt safe, and I felt loved.

52:48

Ken

Absolutely, now you can let your secure self, love you.

53:10

Julie

This is really hard.

53:13

Ken

It's very hard. Just reassure her and let them know that we will continue to work. We have will continue to the next part.

53:22

Julie
Okay, okay.

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