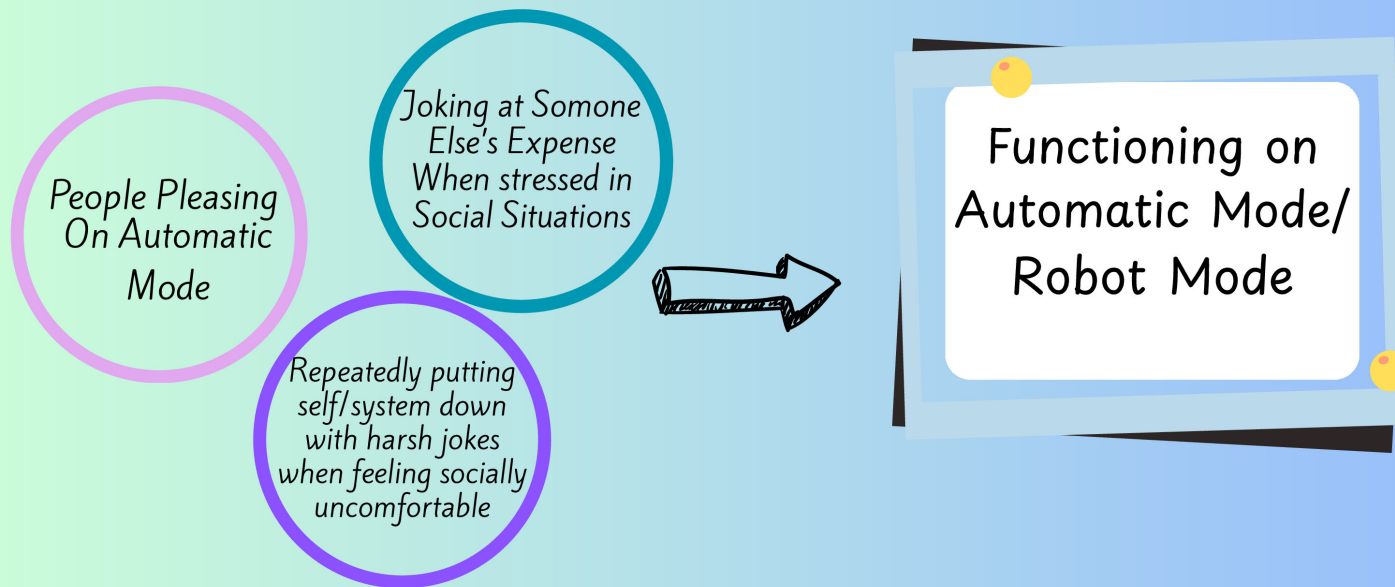


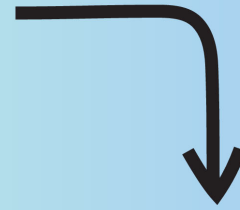
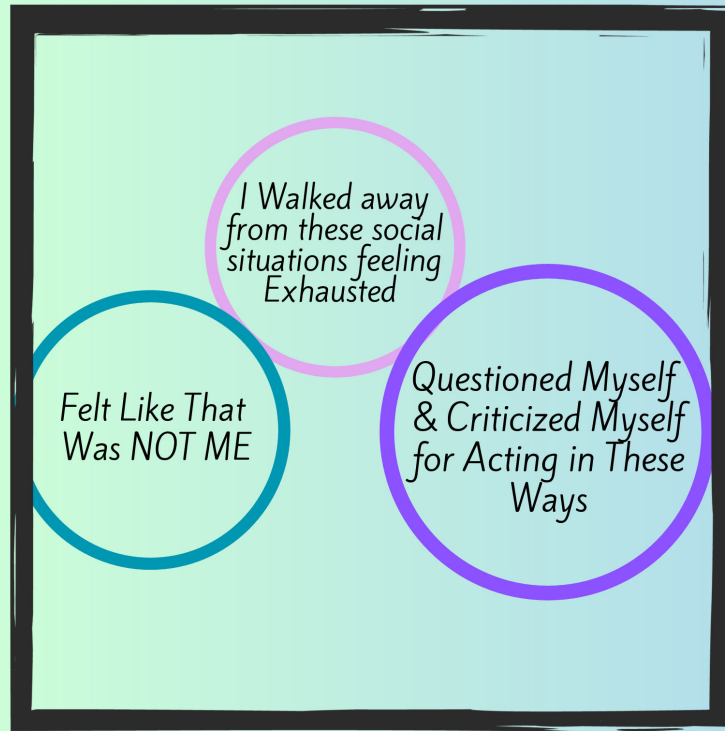
Dissociation Also Looks Like ...



- Initially, We are Unaware
- This Process Developed as a Survival Skill
- This Process IS Actually Helpful, Assisting Us to Survive Our Circumstances At the Time



What Happens After These Behaviors Are Engaged In ...



Dissociation simply means a
Separation
In this case, there is a separation
from the body and the beliefs and
feelings that provoke these actions.

- Your Intuition is Right! This is Not the YOU yous have come to identify with.
- Sadly, many of us grew up with adults who dismissed our intuition or invalidated our experiences, which taught us to doubt ourselves over time

Wherever YOU(s) Are, There YOU(s) Are, & That's OK

As a result, we may feel
fake or inauthentic,
like we're falling behind in life.
It can seem as though everyone else
was given a guide to success,
while we're left without the tools we
need, feeling stuck

**Just because
YOUS Feel fake,
does NOT
actually mean
Yous are fake.**

- Not having the Tools is NOT our fault, but it is now our responsibility to learn new tools.

REMEMBER

Beliefs We May Have Learned Growing Up



These beliefs were based on the Realities,
Circumstances & Experiences
with Adults and Others
in Our Lives at The Time.

For Example:

Objective Reality for me growing up: Dad called me stupid



I felt stupid and less than

→ "I am stupid"
"I am less than..."

Objective Reality for me growing up:

I was criticized for every mistake I made



I frantically corrected my
behavior, excessively
apologized, and felt shame



"I cannot make
mistakes"
"Others will ridicule me
for making mistakes"

Resulting Core Beliefs

This Was True Then (My Past),
But Does Not Have To Be True NOW

These Rigid Beliefs May Not Be Accurate for Our Circumstances & Experiences Now

4



I Invite You(s) To Explore the Beliefs Below & Notice if You(s) Are Living Your Life In Accordance to Any of These Beliefs

- ☐ "I must be hypervigilant at all times because YOUS (caregivers/siblings/influential adults) never or rarely tell me the truth and then something bad happens to me"
- ☐ "I must be perfect. I cannot make mistakes. I get ridiculed or worse if I make any mistakes"
- ☐ "Making mistakes makes me bad"
- ☐ "Making mistakes makes me not lovable"
- ☐ "I cannot ask for help"
"I have to take care of all of my needs"

- ☐ "it is not safe to be myself.
I have to change myself to make YOUS (caregivers/siblings/influential adults) happy with me."
- ☐ "I have to please YOUS to get any or all of my needs met..."
- ☐ "I won't be loved if I am not exceptional or if I am not performing well"
- ☐ "I have to make myself invisible; I can't let myself stand out because it is not safe to do so"



Old Beliefs (Continued)

- ☐ "I must not show vulnerable feelings because...
it's not safe
I get punished/yelled at/ridiculed/ignored/rejected
then you think I'm weak..."
- ☐ "I must tolerate maltreatment because...
it's normal in my house and happens every day..
I'm not deserving
You tell me this is the only way I'll learn
I'm stupid
it's part of life
It's all I know..."
- ☐ "I must be a clown to make you happy...
because any other emotion is too much for YOUS..."
- ☐ You only love me when I make you laugh or perform the way you want me to..."

- ☐ "I must demand in order to get my needs met by you...
because yelling is all we do...
YOUS won't hear me otherwise..."
- ☐ "I have to take care of YOUS and the house because...
YOUS won't do it
YOUS don't know how to do things
YOU make life living hell if I don't do everything...
that's the only way I get attention from YOUS"
- ☐ "I must not be happy, playful, or silly because...
YOUS will yell at me/hit me/do something bad to me, punish me...
give me something to laugh about...
because YOUS are not happy"

Suggested Exploration:

Is the old belief still true in this moment, with this person(s), in this setting?

I invite you(s) to gently notice what is factually true right now, and to begin creating new, more helpful and accurate beliefs from these present experiences.

Suggestions for Systems

Which System Member(s) are holding these beliefs?

Are there any other System Members who are able to be more objective and factual, utilizing only information from the present experience?

Are System Members open to collaborating together?

What fears come up when you act based on new beliefs instead of old ones?

For more suggestions on working with internal System Members, please see handout on working with your Internal Family System.