

LEARNING TO **LOVE**

**YOUR GUIDE TO PERSONAL
EMPOWERMENT!**

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20. DEVASTATING FALSE CONCLUSION

Children are born knowing very little about the world that they're leaving the womb to become part of. They have no way of knowing, for example, **how anything should feel** or how people normally behave. So when an adult asserts their authority, the emotionally healthy child has no choice but to **assume that adult knows what she/he is doing** and assume that they are **acting in the best interests** of both adult and child.

When that parent severs the connection with the child for an uncomfortable length of time, it's natural for the child to assume that the parent's behaviour is normal and that **there must be something inherently something wrong with the child's own behaviour or way of being**.

Without unconditional acceptance, children feel unloved and easily reach the only plausible conclusion: that traumatic dis-

connection is occurring **because he/she must be unlovable!**

The 'diaper belief' that you are innately unlovable persists for the remainder of your life and repeatedly finds expression in your acts of **self-sabotage and in the depression and anxiety that you feel because you're not 'good enough'**. It's expressed each day in your personal relationships and at work, when you struggle to feel worthy or to assert your needs; when you overcompensate for feelings of low self-worth by ignoring your own emotions; and when you focus, instead, on achieving material goals or accumulating power because you **believe that wealth and power can somehow immunise you against loneliness, isolation and suffering**.

It feels less threatening for most adults to accept that they are unworthy of love, than to confront their core emotional wounds.

EXERCISE

1. How old were you when you started to seriously question the 'infallibility' that children attribute to adults? What made you doubt the myth of 'infallibility'?
2. What's usually going on for you when you start wondering. "Am I worthy of love?"
3. Describe in detail, six patterns that you repeat, that reflect your belief that you are unworthy of love.
4. Describe ten examples of things that you do, or beliefs that you hold, that are preventing you from fully expressing your magnificence.
5. What are the three main reasons (take care to avoid judging yourself) that you would give for not confronting your core wounds at this stage in your life?

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