Healing Through Relationships – Three Early Memories Exercise - Explanation

There are three sections to this worksheet. Beside each number (1, 2, 3) list your three earliest memories of what you would consider to be conflict. They could be situations you were actually involved in or they could be situations you were a witness to. Then go back and describe how you viewed them as they were happening. How you felt at the time the incident occurred, if you can’t remember then knowing yourself how would you have felt, and if you still can’t arrive at an answer put “unconscious” in the blank.

Example of one set of blanks:
1. My brother knocked me off my bike and beat me up.
   - Life is the pits
   - I am weak and helpless
   - I feel hurt
   - People are nasty
   - Relationships are “forget it”
   - I must get big and strong to beat my brother up
   - I need protection
   - I want my brother to treat me lovingly
   - I want to punish him by beating him up and myself by running away.

Do this for all three sections. Once complete, go back and look at your answers underneath each section. Do you see a pattern or similarities (in some cases the same answer)?

Now think of a recent conflict and quickly fill in a set of blanks, are the answers the same? And is the person “who did it to you” the same person in each of these conflicts? Usually the answer is “NO”.

Look at how much power you have had to draw in that many people over that many years to do it to you again so you have the opportunity to heal!
HEALING THROUGH RELATIONSHIPS EARLY MEMORIES EXERCISE

My three earliest memories of conflict and how I viewed them as they were happening:

1. ____________________________________________
   Life is_______________________________________
   I am_________________________________________
   I feel________________________________________
   People are____________________________________
   Relationships are_____________________________
   I must_______________________________________
   I need_______________________________________
   I want_______________________________________
   I want to punish ______ by___________________, myself by____________________

2. ____________________________________________
   Life is_______________________________________
   I am_________________________________________
   I feel________________________________________
   People are____________________________________
   Relationships are_____________________________
   I must_______________________________________
   I need_______________________________________
   I want_______________________________________
   I want to punish ______ by___________________, myself by____________________

3. ____________________________________________
   Life is_______________________________________
   I am_________________________________________
   I feel________________________________________
   People are____________________________________
   Relationships are_____________________________
   I must_______________________________________
   I need_______________________________________
   I want_______________________________________
   I want to punish ______ by___________________, myself by____________________

“A Reminder For_______________” fill in your name as this is your reminder when stuff comes up during your Healing Process.

Every disintegrative energy that you put into or store in your structure creates symptoms. This is the dis-ease process. As you get vital enough to heal and begin removing those energies that do not belong, the energy on the way out creates the same symptom it did on the way in. You have to stay focused on which way the energy is moving and during the healing process stay connected and be willing to go through the symptoms of healing. It is not Dr. Feelgood. Copy the answers you gave in the three sections of three Early Memories into the corresponding blanks.

When I am empowered enough to heal …
Life will appear __the pits__, ___________ and ____________.
I will seem to be __weak___, __helpless___ and ___________.
I will feel __hurt__, ___________ and ____________.
I will think that people are __nasty__, ___________ and ___________,
And that relationships are __“forget it”__, ___________ and ____________.
In my healing process I will think that …
I must __get big and strong____, ___________ and ____________.
I will think I need __protection___, ___________ and ____________.
I will want __to be treated lovingly___, ___________ and ____________.
And I will want to punish them (whoever) by __beating him up__, __________, and ____________.
And punish myself by__running away__, ___________ and ____________.

Then sign the Commitment that when life starts looking like this that you will stay connected and move through to the other side. Get someone to witness your commitment to help you stay conscious as you heal.

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HEALING?!
HOW WILL MY PROCESS LOOK?
A REMINDER FOR ____________________.
When I am empowered enough to heal life will appear __________, __________ and __________. I will seem to be __________, __________ and __________. I will feel __________, __________, and __________. I will think that people are __________, __________ and __________, that relationships are __________, __________ and __________. In my healing process I will think that I must __________, __________ and __________. I will think I need __________, __________ and __________. I will want to __________, __________ and __________. And I will want to punish them (whoever) by __________, __________, and __________ and punish myself by __________, __________ and __________.

MY COMMITMENT
Recalling that I receive what I give, when I am empowered enough to heal I will stay present, keep Love conscious, active and present.

I will be responsible for my feelings and treat myself and everyone present lovingly, gently and with respect.

I will be willing, through Forgiveness, to change my thoughts and realities about life, myself, people and relationships. I will let go of the behaviors my ego demands I follow, my false needs and my defenses. I will keep my commitment to maintain a condition of Love in my mind as I gently hold myself and others accountable! I will ask for support as I stay conscious and use the tools I have acquired.

DATED THIS ___ DAY OF __________, 20___

______________________________
WITNESS

______________________________
Verification of My Commitment To Heal

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