

## **CHAPTER 13 NO DAMAGED PEOPLE**

### **WE MUST DISCOVER WHAT WE ARE LOOKING FOR INSIDE NOT OUTSIDE OF OURSELVES**

We all have an inner peace we can learn to consciously access.

External rational thought creates external feelings.

Internal conscious thought accesses internal feelings.

### **SPIRITUAL INTELLIGENCE INVENTORY**

1. Child abuse can cause hurt and anger in a persons adult life. True or False?
2. People become victims when they feel hurt because of abuse. True or False?
3. You understand that there are no damaged people. True or False?
4. Abused people can feel pain whenever they think of what happened. True or False?
5. People abused as children do not feel the same hurt all the time. True or False?
6. Sometimes the mood abused people are in makes a difference. True or False?
7. People do not have to feel hurt every time they think of the abuse. True or False?
8. It would be possible to think how one was abused and still be at peace. True or False?

### **THERE ARE NO DAMAGED PEOPLE**

If you think your pain comes from the event, you will tend to see yourself as crippled.

There are no damaged people, only those who think they are.

We can have thoughts that create crippling feelings. If we change the thoughts, we change the feelings.

The first question to ask ourselves is, "What was the most painful time in my life? For many the answer is being abused as a child.

The next question to ask is, "What is my model for healing?" One model is called the "SST Model." This was named after the flight controllers whose job is to land the huge planes. The problem for them is once they have landed a plane, there are another ten circling the airport. This is the way some people deal with past pain. There is always another painful episode waiting to be dealt with.

More than any other person, Dr. Sigmund Freud may have influenced us in this century to lead dysfunctional lives. This is because his methods were based on "determinism." He (among others) said that the events during the first five years of a person's life would determine the direction of the rest of their life. The first five years is when we develop our way of thinking (modeling it on our parents and friends). We know, however, that if

we change our way of thinking, it can change the direction of our lives.

Dr. Victor Frankel discovered this in the worst of all places, a Nazi concentration camp. He was a disciple of Freud, a psychoanalyst, a German and Jewish. During World War Two, he was imprisoned, tortured and totally humiliated. One night in an isolation cell, cold hungry and hurting, he suddenly realized he had something the Nazis could not take from him.

He had an inner peace or joy or feeling of self-worth they could not control. He did not have to feel humiliated, depressed and fearful just because of where he was and because of the circumstance he was in. From that time forward he began to think positive thoughts, especially of how he would teach classes after he got out of the camp. This change impacted not only his life, but the lives of the other prisoners and even the guards. This was what got him through the terrors of the camp. Even if he had not made it out, he still was better off with his discovery than without it. He touched on the tip of his inner peace, and it set him free from the determinism he had been so deeply indoctrinated in.

There is another model that is called the "Math Solving Model." You first try to solve the most difficult problem you have. Then, once you solved that problem, you automatically know how to solve all of the lesser ones when they happen to come up. This is also called "eating the big frog first." If you know you have to eat five frogs during the day, you always eat the big frog first. Ugh!

This is what you are doing when you take on the most painful time in your life. If you can "solve" this experience, all the lesser times will be a piece of cake. But the only way to really "solve" these experiences is to practice staying in the peace. If you can stay in the peace when dealing with your most painful memory, you can stay in the peace in dealing with whatever else might come up. It's all in the practice.

### **BELIEVING THE LIE**

Discovering the truth: The first step in dealing with past pain is to understand where the pain comes from. If people do not know the truth of where the pain comes from they will always be a victims. As long as you think the pain comes from an event that is not even happening, you will always react in a dysfunctional way. When you understand that the feeling of pain is created by the thought, not the event, you have taken the first step to recovery

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As a person who knows what sexual abuse is, I learned there are two important truths to understand. First of all, I do not have to feel shamed every time I think about the abuse. I have a choice. It is possible to be at peace when I think of what happened. I do not have to be a victim.

Secondly, I do not have to feel guilty every time I think of what happened. The truth is, IT WAS NOT MY FAULT. The key is to take this truth to our heart, that is, to ponder and seek to discover the meaning of the truth for ourselves. Seeking the truth calls for reflection.

Sometimes we need a coach or counselor (as in the film, "Good will Hunting"). In that film, the young boy had been brutally abused by a foster father. His fear of failure was keeping him in his controlled neighborhood, not daring to let anyone get close to him. The turning point of the film came with the therapist looking him in the eye and telling him, "You are NOT at fault". The boy responded, "I know". Then, the counselor got closer and deeper and louder each time saying, "You are not at fault". Each time the boy's response came from his head, "I know," while the words of challenge came from the heart.

Suddenly the moment of truth comes and his "I know" comes from his heart, with the tears, the embrace, the intimacy.

Carrying the pain of past abuse makes victims of those who were abused. If you have been through past abuse and want to be freed, start with reflecting on these Five Truths for a moment. By taking them to heart, you can experience a change of heart. First of all, it is true when you think of the event, you feel pain. As you reflect on it you will experience it.

Now reflect on this truth: "Sometimes when I think of what happened, I feel more hurt than at other times."

I have talked with people who tell me they always feel the same pain. This is simply not true. It's the way they are thinking that creates the feeling. If they changed the way they are thinking, they will change the impact of the experience.

Next reflect on this truth: "When I think of the abuse, the mood I am in makes a difference." This is the truth. If you are in a high mood, you will have a different experience than if you are in a low mood.

This is proof positive that the event is not creating the experience. If it were true event creates feeling, you would always feel the same experience every time you thought of the event. It is like putting your hand on a hot plate. You will always have some pain, but not when you think of the event you do not always have the same pain. It cannot therefore be the event, so it must be the perspective.

Now reflect on this truth, taking it to heart: "I do not have to feel pain every time I think of the event." If you don't always feel the same pain, then this also true.

Finally reflect on this Truth: "It would be possible to think of what happened and still be in the peace." Again, this is plainly true. You may never have been in the peace, and you may never be in the Peace, but it is POSSIBLE to be at peace and still think of the event.

If you have been using your reflective, conscious thinking, you may discover you already feel more at peace than when you first started. It is not a matter of knowing but of understanding. It is taking it to heart and listening to the truth, and the truth will surely set you free.

Now check your answers and see if you have any change of heart.

## RESPONSES TO SPIRITUAL INTELLIGENCE INVENTORY

1. Child abuse can cause hurt and anger in a persons adult life.

False. Thoughts not events cause pain. Past events do not have to determine who we are now.

2. People become victims when they feel hurt because of abuse.

True. They believe they are powerless to do anything about that way of thinking.

3. You understand there are no damaged people.

True. Thoughts that cause hurts can be changed.

4. Abused people can feel pain whenever they think of what happened.

True. Thoughts create feelings.

5. People abused as children do not feel the same hurt all the time.

True Different perspectives create different feelings.

6. Sometimes the mood abused people are in makes a difference.

True. Moods change perspectives.

7. People do not have to feel hurt every time they think of the abuse.

TRUE Change the thought, change the feeling.

8. It would be possible to think how one was abused and still be at peace.

TRUE Inner Peace is always available to be accessed by internal conscious thought.