

VIDEO 5: It's Not Safe

This ties into the concept in an earlier video that the symptom is somehow protecting us and keeping us safe. As an example: if we bend over to pick something up and injure our lower back, often it will lead to lower back difficulties. Notice that the back feels fine in any other direction of movement, but will act up again when you lean forward. This pain is a sharp reminder to us to not repeat the posture that injured us in the first place, and works well at changing your behaviour to lift with your legs instead. Similarly, if we were often punished for taking cookies out of the cookie jar as a young child, in a way that scarred us emotionally, there will be a protective voice inside us that will 'punish' us each time we reach for a cookie. That kind of self-punishment is designed to prevent us from stealing cookies and thereby saving us from the experience of Mom's anger.

Sometimes it is simply the fact that even dysfunction, no matter how painful, can feel safe by virtue of its familiarity, compared to the scary unknown that a change in conditions could bring.

ET it might not be safe to get over this problem, I deeply and completely accept myself
ET parts of me don't feel safe getting over this problem, somehow I can forgive and accept myself
ET it might not be safe for me to get over this problem, I can still forgive myself

It might not be safe
Getting over the problem might not be safe for me
The problem is somehow protecting me
And I can't give up my protection
What if it's not safe
Parts of me feel it's not safe
Parts of me won't give up this problem
For fear that it is not safe

I WANT TO BE OVER THIS FEAR THAT IT IS NOT SAFE
This problem somehow keeps me safe
This problem is familiar
I know this problem inside and out
As much pain as this problem causes
It is somehow comforting
I know this problem and that's what feels safe
I don't know whether I will still be safe
if I give up this problem

I WANT TO BE COMPLETELY, 100% OVER THIS FEAR THAT I MIGHT NOT BE SAFE
What if I need the problem to stay safe
This feeling of needing to be safe
Not feeling safe
Scared I won't be safe
Scared and afraid and in need of protection
What if I'm not safe if I give up the problem
What if I am safe if I give up the problem
Maybe I'm safe with or without the problem

I WILL BE COMPLETELY, 100% OVER THIS FEAR OF NOT BEING SAFE

Parts of me might not feel safe

Parts of me are afraid and want protection

I can forgive myself this problem

Maybe it's possible I am safe

It's possible I'll be safe with or without this problem

I can be safe without this problem

I can forgive myself this problem

I can be safe with or without this problem

Did you gain any new insights with this round? Again, record any new feelings or issues that have come up, rate them from 0-10 and also check in with previous statements to note what has changed.