

exclusive subscriber content
goes deeper into areas ~~that~~ haven't explored on my YouTube videos ①

Whatever looks you will 'blind you'

• in my video calumness is everything
calumness is reality

• abuse by non-parent

Mum: "Sharon I just don't know why you date that
loser I thought I raised you better than that,
but its your life"

we feel the age old criticism

shaming

judgement

non-acceptance

never good enough

stupid

Now we're back boys

but

anger

shame

worthless men

Now we're blind

2

we can't/don't see

reality
the abuse

Mum = reality

or don't know what to do with the abuse

it looks an fantasy of mother acceptance
+ love

out of our reactivity hoodlums

we lash out yell

give up

cry

suffer for days

try to figure out how to make Mum happy

caught between boyfriend + Mother

we 'zoom in' to solve the problem

triangle in our boyfriend + others

'cut off' from Mum until we stabilize

forgive her to feel better

At this point the 500 electricity/currency is
surging from man through her

we are blinded

3

What can we do to not be blinded?

Preparation work before hand

- reduce power shedding
- practice healthy responses
- let go of Mom allow her to have her opinions that's all they are HER OPINIONS
- just differentiate. : well I don't see it that way

Does he bring with Bot bother you?

It doesn't bother me

• ~~Be~~ Be confused not hurt

Bot's a great guy

• Resist the unmeshment force to join or 'fit in' with Mom

• Resist the cut off force to run away and not be a differentiated adult.

• Be you while staying connected to Mom

• ~~For~~ however you expectations

Mom can't be anyone but her

• Affirm your boundaries - your rel's are yours not her's

④

What would be some healthy
self-differentiated response?

A. Mom I know you didn't approve of Bob. I don't
like to ask we not talk about him in the future.

B. Mom I know that is your opinion but I don't share
your opinion.

C. Mom I had ask we not discuss your views of
Bob.

D. It sounded like you were giving advice to me
about Bob, I wasn't asking for that, but thanks.

E. But I'm your mother.
But you're not my parent or my therapist.

E. Stop mom.

F. I'm happy with Bob. Mom "Period".

G. Mom you are entitled to think what ever you
want please just share it with me
anyone else is fine.

* We want to stop putting energy into changing the other
person.

Remembers if you get

Reactive

STOP AND THINK NOT FEEL!

Just stabilize yourself

+ your position

~~Just~~ Regret goes down the rabbit hole of
feelings reactivity in systems
& feelings - not real feelings

childhood feelings.

This is the process of growing up emotionally

Thank you for watching.