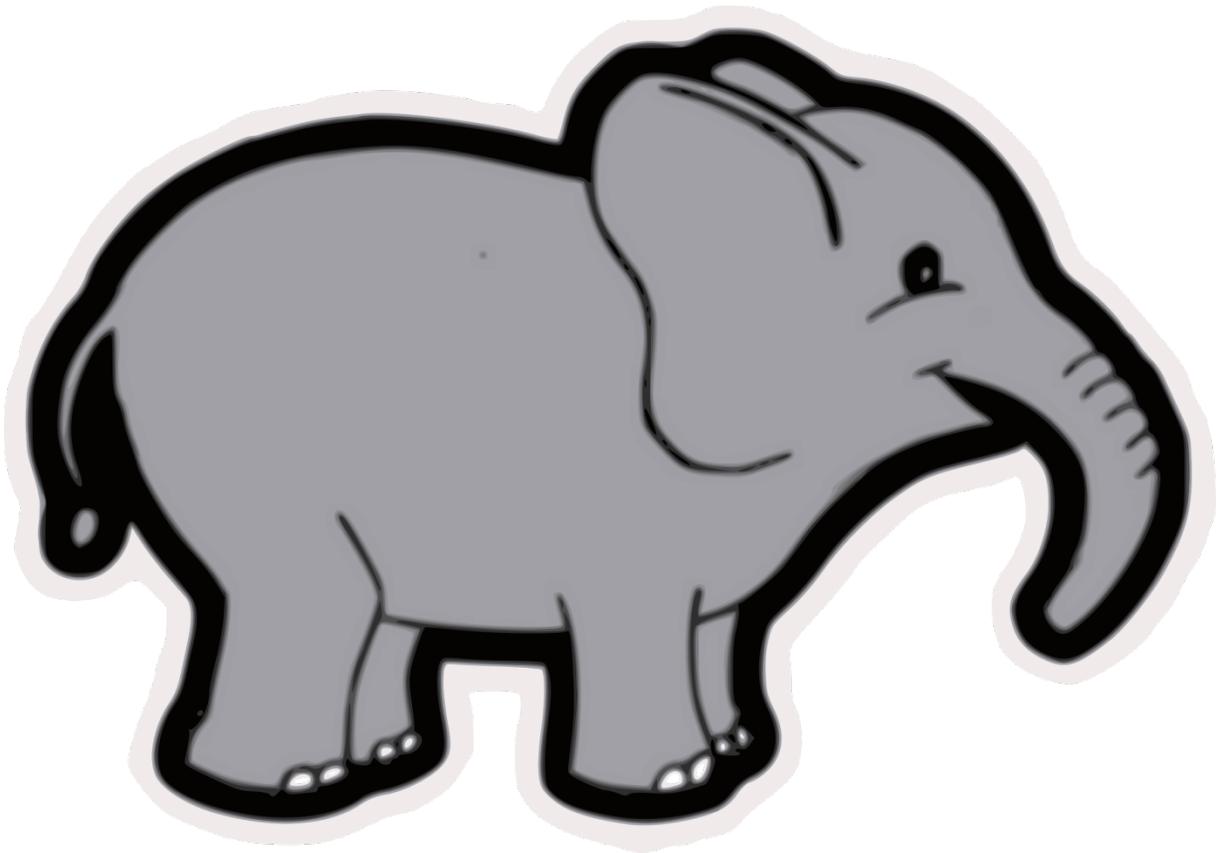
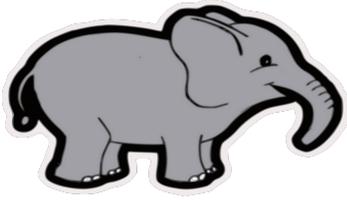


The Fred's Story 2

Workbook

By Ruth Long LPC-S, SRT





CHAPTER ONE

- Fred enjoyed the perks of relationships on *his* terms.

What are some perceived benefits of:

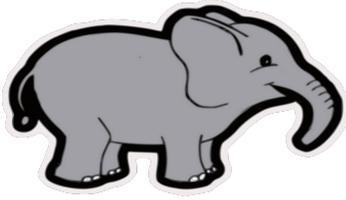
1) Not getting too close to others?

2) Not lettings others get too close to you?

What may be some of the losses in:

1) Not getting too close to others?

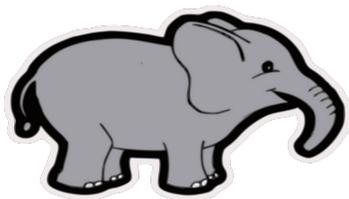
2) Not letting others get too close to you?

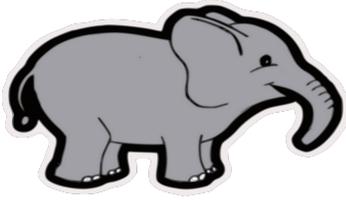


- Being in the “one-up” position sometimes gives the illusion of control and superiority. What are some life events or feelings we may be trying to avoid when we seek a “one-up” or superior position?

- Fred was surprised by his reaction to the news of his father’s passing. Fred had known only abuse, rejection and neglect from his father, yet the finality of his passing stirred up a huge canister full of emotions. Why do you think this was so?

- Describe a similar experience you have had and explore the reasons behind your unexpected reaction:





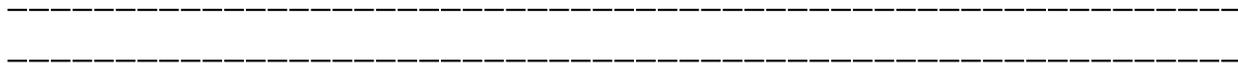
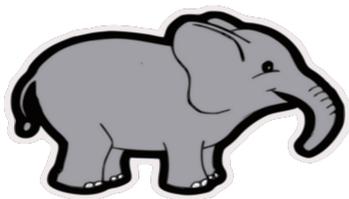
CHAPTER TWO

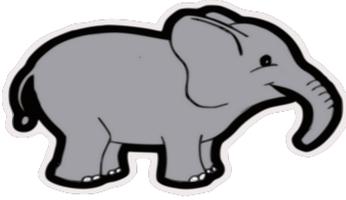
Fred was grieving not only the bad that had happened, but he was also grieving what he had missed (and still continued to miss).

- What are some of the bad things that had happened to Fred?

- What are some of the things you think Fred wished he had now and earlier?

Fred had the chronic dilemma of trying to distract himself from his own thoughts, feelings, and parts of himself. What are some ways you and others have tried to do this?





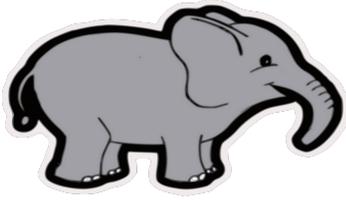
CHAPTER THREE

Fred became furious at not being able to sleep in as he had hoped to. His reaction to this disappointment was quite a bit more pronounced than what the situation called for.

How did Fred's thoughts contribute to the "fueling" of this intense reaction?

Sometimes past hurts, that seem to resemble the theme of an old wound, left unresolved can pour into current life events. What "wound themes" in some of Fred's history might have been triggered here, setting up a potential explosion?

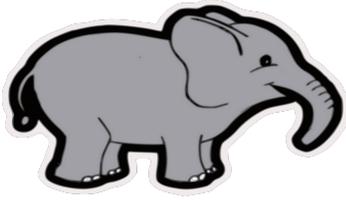
What were some of Fred's unhealthy responses to his own outburst once he arrived back home?



Like Fred, sadly, at times when we feel hurt we may lash out at others without being aware or conscious of the effect we are having on them.

What are some clues we may be able to identify when our emotions are reaching a critical point?

What are some coping and grounding skills we could use at those times to manage our emotions better and apply better self-care?



CHAPTER FOUR

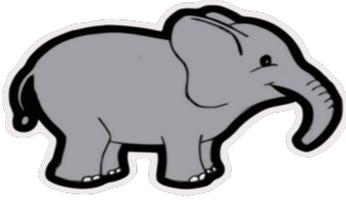
Pleasing others was a concept that Fred was starting to embrace. On Karpman's Triangle, there are three positions illustrated: the two power positions - the abuser and the rescuer, and the remaining "powerless" position of the victim. People pleasing to an unhealthy extent can be played in any one of these positions. How might a people pleaser take on each of these roles/positions depending upon the response from the one he/she is attempting to please?

- Abuser: _____

- Rescuer: _____

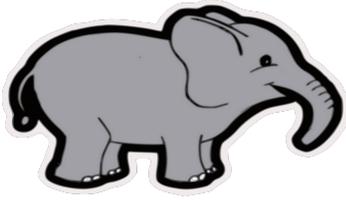
- Victim: _____

The person Fred found it hardest to please was himself. What are some of the ways Fred expressed this self-critical demeanor?



People pleasing showed no mercy to Fred. He literally experienced panic attacks, self-abuse, and even began to prefer death over the “shame” of not doing well enough to please his audience.

What have been some of the consequences you have experienced in your attempts to please others at any cost?



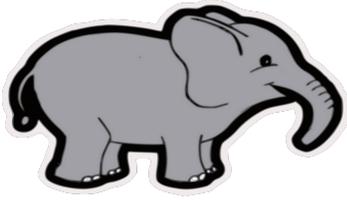
CHAPTER FIVE

Fred's body had reacted to both its mistreatment and to the stress it was experiencing. Behaviorally, Fred seemed to be alternating between no action and hyper-action, neither of which was good for his body.

How does your body let you know when it is not in good balance?

Fred also struggled to maintain his internal world so he was able to, in a grounded fashion, meet the responsibilities of the outside world. Both of these worlds needed appropriate attention. Chaos in one often leads to similar chaos in the other.

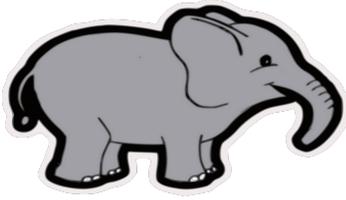
What are two examples of how Fred's worlds were affecting each other?



When was the last time you struggled to remain grounded and this affected your ability to function?

As you graciously identify this situation, how might you have handled things differently?

(This exercise is **NOT** about being critical of *yourself*. It is about identifying *strategies* that can lead to an improved quality of life and a better future as you become a more skilled advocate in your own recovery.)



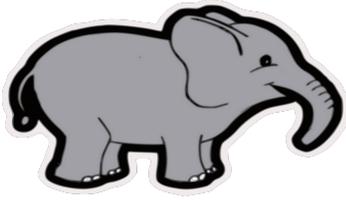
CHAPTER SIX

Fred staked all his self-esteem on his performance. . . and on one specific performance. This placed his sense of worth and esteem in a very precarious position.

How do you relate with Fred on how you determine your own worth and self-esteem? Do you base it on your performance, what others do, or something else?

How does this potential varying sense of worth affect your emotional states?

Fred also made the assumption that success, or worth, was only granted to some. . . or one. He was unaware that these were granted to all. Fred's unhealthy view lead him to see his peers as "competition". . . and even sometimes as the "enemy."



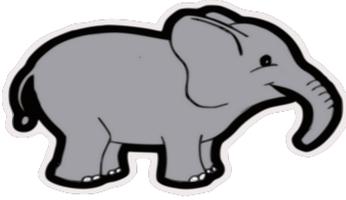
How are you competitive in a healthy way?

How have you been competitive in an unhealthy way?

Fred's past encounters with his father and circus trainer left scars on his heart and filters on his eyes and mind. When it came to the concept of "failure," Fred had some pretty narrow and erroneous beliefs about it.

Can you identify some of these beliefs he had? Feel free to check the box of the ones you share with him, and even add some of your own.

	Beliefs About Failure
<input type="checkbox"/>	1)
<input type="checkbox"/>	2)
<input type="checkbox"/>	3)
<input type="checkbox"/>	4)
<input type="checkbox"/>	5)



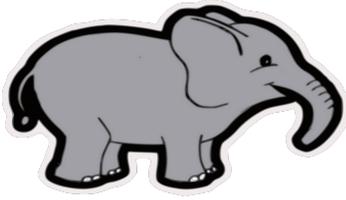
CHAPTER SEVEN

Fred used sleep as a means of feeling in control. What sense of control do you think sleep provided for him?

How have you used sleep as a way to feel more in control?

How had Fred's own perceptions of the previous day's events set the stage for his regretted actions against his female visitor?

Sometimes these misperceptions fuel the enactment of our protector parts inside, leaving us vulnerable to react versus respond.

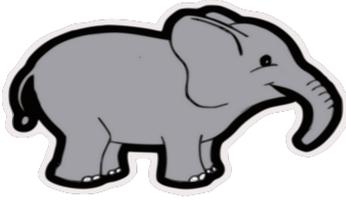


What are some things you think Fred's protector part was trying to protect him from?

Fred met the perceived "threat" with a counter-attack strategy and ended up deeply wounding someone who was no threat to him at all. *Hurt people can hurt people* when they have not resolved their own wounds.

Was there a time you pushed someone away or "attacked" them when they were not the *enemy*?

What insight have you gained since then and/or how did you resolve this?



CHAPTER EIGHT

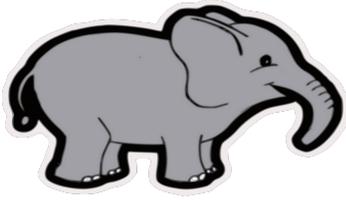
Fred had learned to use food as a “friend”, and sadly, relegated most people to the role of a thing to be used when needed. Emotions were the appointed enemy. Food became the *friend* that could rid him of any unwanted emotional experience.

In what ways have you used food to medicate or stuff feelings?

What feelings do you try to avoid the most? What do you think would happen if you felt those feelings?

After a while Fred became obsessed with making sure he had enough of his *medication* and spent a good portion of his day storing it and hiding it from others. The thing he thought he could master, though, was now becoming his master. Isolating was the next response. He was always fearing the judgment of others (and himself).

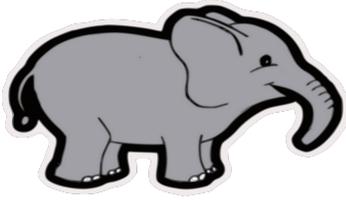
Share your personal relationship story with food:



Losing someone in the here and now can trigger the pain and confusion of previous losses. Fred had begun to conclude that hoping for change or love was just too painful. False beliefs then *came to the rescue* “guarding” him from any such hopes.

List some of Fred’s false beliefs about his future. Do any of these sound familiar. . . are they beliefs you’ve adopted yourself?

- ---
- ---
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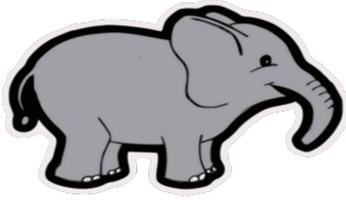


CHAPTER NINE

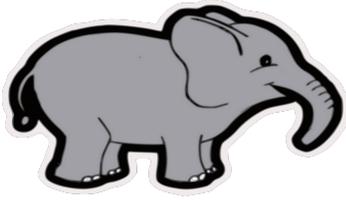
Fred did not feel safe in the presence of his accusers. They believed he was *fully* to blame for what happened to Maria. In what ways was their assessment inaccurate?

Fred wasn't safe from himself either. He had aligned with his peers' evaluation and became his own judge, jury and executioner. In what ways do you *punish* yourself for the mistakes you have made or perceive you have made?

How have some of your attempts to punish yourself hurt others as well?



When we do make a mistake, what would a healthy response to that human reality look like?



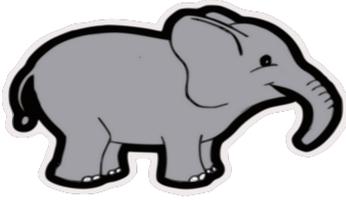
CHAPTER TEN

Fred found a new ritual for rubbing his nose in his own self-hatred. These rituals were a strange mixture of “right” or necessary. . . and bad. It felt right to chastise himself for every imperfection and mistake. Yet, the bad side of this self-imposed experience was not pleasant at all. Here again was the baffling attachment to the familiar misery.

If you had just 5 minutes to talk to Fred when you witnessed this behavior, what would you tell him?

Fred had mixed feelings about the care he received from Sam. It kinda felt good, but it seemed so strange. . . and far from easily trusted.

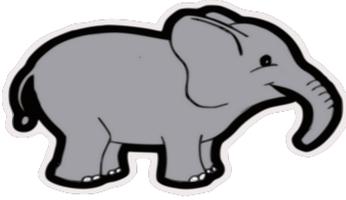
What self-talk do you hear yourself say or think when someone is being kind to you?



Fred had rejected very important parts of himself: the parts that held those deepest hurts and needs. He was extremely disconnected from himself.

What parts of you do you reject, deny, or hide?

What would it take for these parts to be reunited with you again?



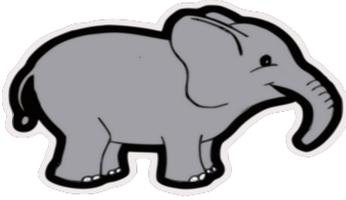
CHAPTER ELEVEN

Fred showed great resolve in his desire to find Maria. This was a “newer” (new to him?) part of Fred that he was not as familiar with.

When was the last time you surprised yourself by how well you handled something when the “strong and determined” you was present?

How can you access that part of you more often when the need is great and the “less assertive” part of you could use some help?

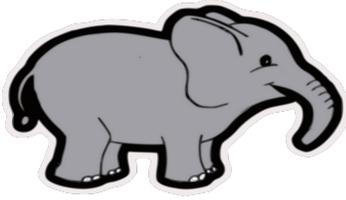
Fred, like all of us, can be easily distracted sometimes when the greater need is to remain focused and operating as a unified front with every part of us.



How do you tend to get sidetracked sometimes when there is an important objective to meet?

There is usually a fair amount of ambivalence present whenever there is a difficult task ahead. Some parts of us may have fears or doubts about the intended goal.

How can you negotiate and resolve this ambivalence within yourself so that there is less resistance and internal conflict when moving forward toward that goal?



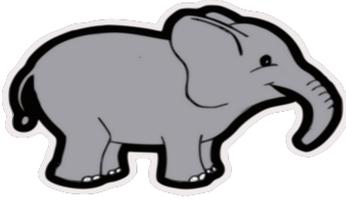
CHAPTER TWELVE

Fred could have become easily overwhelmed as he began to identify all the issues needing to be addressed and solved. Luckily, he remembered to slow down, prioritize, and take one thing at a time.

Remembering the last time you felt overwhelmed by the many aspects of a problem, what were your strengths and weaknesses as you attempted to resolve these issues?

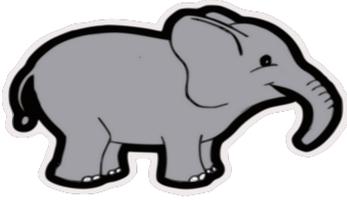
Fred noticed that, soon after he encouraged and soothed himself in his ordeal, he gained some needed clarity and inspiration.

Describe what happened the last time you received this kind of blessing and reward for remaining grounded?



Fred started to jump from one problem to the next hoping to solve ahead of time all contingencies. This kind of pursuit or demand for all the answers up front often proves to be more paralyzing than helpful. For Fred, his answer for how he was going to get on the moving truck would not be revealed until a later time when he was already in motion.

What consequences might a tendency toward “analysis paralysis” bring to someone who needs to move forward despite the unknowns?

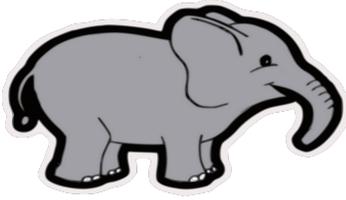


CHAPTER THIRTEEN

Fred had set out to do the right thing despite the lack of assurance that things would work out as he had hoped they would. It's common for us to judge the correctness of our decisions based on the outcomes of those decisions. *Cause and Effect* encompasses the belief that if something good happens, we must have done something right. . . and if something bad happens, we must have done something wrong.

When have you doubted yourself or your decision when a negative outcome followed it?

Knowing that the world is not as simple as the childhood developmentally-based cause and effect perspective assumes, how could you re-evaluate the decision you listed above, looking at it from a more abstract adult level of reasoning?



Fred had some urges to run from or avoid facing a potentially difficult encounter that would certainly elicit some strong emotions. He did, however, accept the presence of these fears and also chose to face the situation because the “prize” was worth the struggle.

What “prizes” are you looking forward to as you continue your healing journey, moving forward one day at a time?
