

Jessie C. 3rd Session March 2011

Pre-INOWT discussion:

J: I notice that Anger is such a theme in my life especially with my mother and my friend. I am also Impatient... The Teenager part of me is so defiant. I don't care if something is good for me... It is the part of me that drives the boat. After our last session, I felt really good for about 2 weeks and then the Cranky part of me took over. I feel Annoyed and Irritated with my cousin and I know that is about inadequacy, not feeling good enough.. so its an armour... Annoyance and Frustration.

It seems to go in cycles... and the teenager part says like.. I don't care about that compassionate stuff that feeling stuff, I'm fucking mad. Its so defiant... and will "Only go so far"... I even defiant in my own growth even with healthy eating and exercise... I'm now 180 lbs vs. my usual weight of 145 lbs. Part of me says you need to do this and the other part says "F- OFF"

The word Defiant takes me back to being a teenager – to being with my mom when I was 15. Mom was going to beat me up and I stood up for the first time physically. I Screamed. I felt so vulnerable I had just taken a shower and I was only in a towel.

My mom backed off and was scared. I felt GOOD to have power. Then I just left, I walked out the door. At different points I moved back home and used my anger to back her OFF. I became abusive.

INOWT:

FOCUS ON DEFIANCE:

I can see my teenager Swearing.. I'm sick of this bullshit. Tired. I HATE HER – (Mom) I've been at work since I was 10 years old to feed and cloth myself since my mother didn't provide the basics for me. . After I stood up for myself my uncle came into where I worked and said to me "I heard YOU GOT kicked out because you tried to beat up your mom!.. I just stood up to him... too... Is THAT what she told you!... Ha.. I walked away.. and he really is a big man.

EVEN when my mom was dying, I didn't believe her I thought it was just one of her selfish dramatic tricks. She was trying to talk to me... to tell me what she could ... She told me she learned a lot from me because I was the most difficult to raise. I was annoyed. I wanted her to be honest and accountable.... I felt FUCKING RAGE.... Tired of YOUR SHIT.

S. What about the other parts of you?

J: Crying, wishing I had a mom...

FUCK THAT SHIT Go back to square one....I'm MAD the TEENAGER IS MAD She's not forgiven.

S: How do you feel observing the angry teenager?

J: GOOD. Empowering, Enlightening, Insightful. To have an awareness of why my anger is so defiant lately.

S: How does the teenager feel, you looking.

J: Teenager says "Thank GOD" someones looking over here.

S: Yes, it seems the teenager has been left behind and neglected in your healing process.

J: YES! I need to be heard I want my story told.

S: How can you tell that story in a way that feels heard?

J: I don't want to tell my story.

S: At 15 that is a HUGE strength to stand up to your mom AND uncle. Can you tell the teenager what you notice about that?:

J Teenager doesn't care what I have to say.. F-OFF F-OFF. I'm tired of hearing about God, Spirit Tired of being KIND, NICE, and of higher learning. SHIT HAPPENS – KEEP MOVING FUCKING KEEP MOVING.

S: Does she feel stuck?

J; I'm moving... I feel moving. I'm getting stuff done!. I don't want to be shit on and Abused.

S: So she still feels shit on and abused?

J: Yes. I have an image of leaping on my mom I punch her, punch her.

S: Allow her to do that.

J: I'm screaming and yelling... throwing her around I don't want to be abused anymore... You set me up not to feel enough... I HATE YOU. My dad comes in . I leap on him. He's apart of it –the abuse.

S: Allow her to do what she needs to...

J: her RAGE feels Infinite. She's like a huge monster (Adult FEAR)

Summer Note: The word 'infinite indicates an unending 'cycle or or place of being 'stuck' Like any other place of being 'stuck', you observe, trust & intuit a 'way out of being stuck and suggest an 'experiment'.

S: I asked her to 'look around her.... I was curious if there was anything else in the room... she hadn't noticed as she had been so focused on her anger...

S: Do you notice anything else in the room? Arlene (Like an Aunt to J) is in the room for some reason and I hesitate for teenager to be violent with her because I respect her. Arlene in the room shuts me down. All of sudden, I'm in a container and it's stifling and oppressive. Her energy is bigger than mine. Even her perfume is repressive.

S: So you feel both Rage and Oppression. What do you notice about these to oppositional forces?

J: there is more freedom and energy in Rage.

S What happens if you were to mention to the teenager how you notice that her rage may be infinite

J: I ONLY care about myself Ive always put others first. This is about ME and I'm not liking the oppressive feeling. Arlenes' oppressing energy is taking over the whole house and i'm trapped. It's squeezing my Neck.

S: Accept, Honour Trust.

J: Feels like Black Widow Spider. I'm in the WEB. It's squeezing the life energy out of me.

S: where does your life energy go?

J: Its like a ... I slip out of the Web and out of the house.. I'm standing in the drive way, gasping for Breath. I'm MAD she took over my experience. I'm mad I didn't know how to stand up to her. I was at a loss of how to deal with her slowly taking over. To rage wouldn't work I had to figure out a different way.

S: How did you slip out?

J: Its like she won.

S: She won and let you go?

J: Teenager feels like Arlene won. Her fists are clenched she's MAD, She storms back in the door - "Respect or No respect, you can't take over my experience. Get out or I'll throw you out." She throws her out and is just standing and screaming with every FIBRE of her being. FUCK OFF get out of my life. (Jessie experiences an (Integration BREATH)

SHIFT...

J: It's bright and sunny. She's taking a stance against the Universe not to be taken advantage of anymore.

S: How do you feel witnessing this?

J: The adult is uncertain where it's going (**Summer Note:** Notice J is holding ie just Observing the uncertainty ie) Accepting, Honouring and Trusting)

J (Teenager) She does know that she does not want to be vulnerable. With those 3 people there was a power difference. I won't be taken advantage of. I don't care if you are aware of unaware that you are doing it. I just want to be myself, protected from those situations.

S; I'm curious if she feels heard

J: I don't care if others hear me, this is my stance!

J: She feels strong. Her legs are planted tree trunks, slightly apart. Her hands are in the air. It's a VICTORY stance.

Summer NOTE: Being Present to the imagery myself . In my own minds eye I imagine how it might be to walk with those legs and I can clearly feel and sense that she's 'planted in her anger) Stuck..... it occurs to me to ask:

S: How will she walk forward?

J: WOW! I don't know how! (Insight illicit by Question)

J: her legs are planted like Oak trees – she can't move forward!

J: The teenager wants to lighten up... and enjoy the sunshine and the Freedom and her legs are preventing her. Her hands on are on her hips. " What can I do with these leg? She's torn. She wants flexibility and at the same time not to be abused. She needs to know how to protect herself

S: Is she open to you helping her?

J: Im noticing my legs are actually moving jiggling from side to side.. My legs Do need to move. OH.. she is willing to see us (Adult Jessie AND 6 year old Jessie). Teenager me is willing to let us help her take the bark off which is like casts off her legs. She's all Good with that!.. Now the bark is off we notice that her feet were in the cement paved into the driveway.

Summer Note: This is such strong imagery Jessie stuck in the Driveway - the way to get into and out of a house.

J. MMM... we are walking on either side of her – her legs are wobbly. OH my God.. (Jessies Energy Shifts to utter shock and surprise) she” doing a HAPPY Dance Jigging, Dancing and Hooting and Hollering.

S: How do you feel?

J: (With Integration Breath (Happy) Freedom!... What stands out for me is complete happiness to land where I have landed with my Anger.