

Workbook Chapter One

How to Become Your Own Therapist

Self-Assessment Tools:

Self-Quiz: How Increase You Psychological Intelligence **Barry K. Weinhold, PhD**

Directions: For each item on the list below indicate in the blank how you would rate yourself from 1-10. A 10 indicates that you feel you have accomplished this and a 1 indicates that you have a long way to go to accomplish this. Each item asks you questions to reflect on as you decide where you currently are in your efforts to tame your inner demons

___1. **Show up and tell the truth.** Do you walk your talk and are “radically present” in everything you do in your life? Can you speak your truth, be vulnerable and transparent when you want to? The biggest fear your inner demons have is that you will be “vulnerable” and they will talk you out of it.

___2. **Tame your shame.** The most destructive inner demon is the one that shames you, usually when you screw up. You have to realize that there is nothing wrong with you and that the inner demons that you listen to you are totally wrong. When you “screw up” it is an opportunity to learn something you didn’t learn previously.

___3. **Ask directly for what you want & need.** Are you direct and straight forward in asking for what you want, rather than manipulating others into doing things for you without asking them directly? Do you expect others to do the same? Your inner demons tell you this is too scary. The Drama Triangle is the result of listening to your inner demons.

___4. **Connect the dots.** Can you identify what happened or didn’t happen to you as a child that still impacts your life? Can you do personal archeology to learn all you can about your childhood and how it is shaping your adult relationships and life? This will help you develop a relationship with your inner demons; the first step in taming them.

___5. **Regulate your emotions.** Your inner demons will cause you to get emotionally upset. Can you calm yourself down and quickly “regain your composure” when something upsets you? Do you have to engage in some addiction in order to calm yourself down? Every upset is an opportunity to learn more about yourself.

___6. **Establish healthy personal boundaries.** Your inner demons cause you the fear losing your identity, if you get too close to others. Are you able to establish and maintain a clear sense of your personal boundaries in close relationships? This is an essential self-care skill.

___7. **Healing your splits.** Your inner demons can only see the world in either/or terms. Are you able to make major decisions without splitting them into “either/or” categories? Can you employ a “both/and” thinking when making your decisions?

___8. **Keep all your agreements with others.** Listening to your inner demons can cause you to blow off your agreements. If you have to change an agreement, do you directly contact the persons with whom you made an

agreement and renegotiate it in a way that is acceptable to both of you? It builds trust.

___9. **Resolve your conflicts directly.** Your inner demons are used to losing in any of your conflicts. Do you resolve conflicts of wants or needs in a cooperative, partnership way? Can you use dialogue rather than debate for resolving conflicts with others involving differences of values or beliefs?

___10. **Live a life of "harmony and balance."** Doing things to avoid your inner demons gets your life out of balance, Are you able to develop all your talents and still keep them balanced, so not to let one overshadow the others? Do you consciously strive for harmony and balance between work and play, and between serving yourself and serving others?

___11. **Be patient with yourself and others.** Impatience can be a way your inner demons try to control your time and choices. Can you maintain good feelings about yourself and others even when either you or someone else "screws up?" Do you avoid making harsh judgments and/or "splitting" against yourself or others when you make mistakes? It is all learning.

___12. **Take responsibility for everything you say or do.** Inner demons tell you to avoid responsibility where ever possible. Can you own what is yours and give back to others what is not yours? Are you willing to forgive (give back) to others anything they gave you or you mistakenly took on from them, that no longer serves you? Can you accept the fact that it wasn't yours in the first place?

___13. **Heal your traumas and betrayals.** This is probably the most difficult and also most important thing to master. Your inner demons try to get you to avoid doing this. Have you healed any father and mother wounds and their role in creating your childhood traumas and betrayals? Do you realize that this is essential for creating satisfying, intimate and sustainable relationships, and reducing undue stress on your immune system as an adult?

___14. **Feel and express your emotions.** This is considered dangerous by your inner demons. Can you share your deepest feelings with others, in appropriate and respectful ways? Do you know the healthy function of each of your emotions, and can use them to effectively to help you solve problems and make decisions?

___15. **Commit to taking back your projections.** This is one the main ways your inner demons try to hide. Do you know the signs indicating that you are projecting something "unfinished" about yourself onto another person? Have you learned to claim (give back and "re-own") any shadow parts that you have been denying by projecting them on others?

___16. **Stay centered.** Your inner demons often will do or say things that pull you off center. Can you stay centered in whatever you do? Do you recognize when you are pulled off-balance by life's circumstances and can you quickly return to center? This skill is an indicator of your psychological well-being. The quicker you can come back to being centered after being pulled off center by something, the more psychologically fit you are. It helps you develop resilience.

___17. **Listen with an open heart.** This is seen as very dangerous if you listen to your inner demons. Do you listen to others and yourself with an open heart and can be present to receive them and what they are telling you? Can

you listen to yourself and be self-reflective when you need to? Can you be vulnerable?

__18. **Come from "knowing" rather than believing.** Your inner demons will try to prevent you from doing this. Have you developed your "inner knowing" in order to access your feelings and the intuitive guidance needed to live more authentically? People pleasing is the way your inner demons control you.

__19. **Surrender.** Your inner demons will try to protect you by resisting anything others say or do that contradicts their beliefs. Can you allow other people's truth to penetrate your defenses? Do you receive what others say or do, without first resisting it? Can you use self-reflection before responding to others?

__20. **Trust your gut and follow your destiny.** Your inner demons will try to convince you that this is impossible. Are you able to listen to and trust the voice inside of you? Can you use it to create the life you want and the courage to take the risks this requires? Or do you have to be controlled by the opinions of others?

__21. **Balance your internal masculine and feminine parts.** Your inner demons will try to convince you that this is stupid. Have you learned how to be strong and tender at the same time, depending on what the situation calls for? Can you be decisive and empathic at the same time?

__22. **Love fearlessly and unconditionally.** Your inner demons will see this as extremely dangerous and to be avoiding at all costs. Are you able to love yourself and others unconditionally? Can you examine your fears through the lens of love? Are you able to use love as your best weapon to conquer your fears?

__23. **Identify the mythic aspects of your life.** Your Inner demons don't like this kind of activity. Are you in touch with any myths and archetypes that help you learn life's lessons? Can you identify the mythic elements in your life that show up in both your dreams and your waking life?

__24. **Cooperate with others to get all your wants and needs met.** If you listen to your inner demons, they will tell you that you should not need to do this. Can you negotiate with others to get your wants and needs met in a cooperative, partnership way, without discounting the needs of others? Do you refuse to feel "victimized" by others?

__25. **Participate in regular spiritual practices.** Your inner demons see no use for this kind of thing. Are you able to use prayer to help you ask the big questions, and meditation to listen for the big answers? Can you cultivate a sustained relationship with a power greater than yourself or connect with your inner "higher power?"

__26. **Develop and sustain close intimate relationships.** This too is seen as very scary by your inner demons. Can you initiate, develop and sustain close friendships, and an intimate love relationship with a partner, without letting any fears of abandonment or engulfment interfere with your ability to sustain these relationships?

__27. **Find something bigger than yourself to give your life purpose and meaning.** Your inner demons may try to talk you out of doing any of these things. Do you initiate or participate in service projects that benefit

others, either as a professional or as a volunteer? Can you state a well-defined purpose for your life that involves serving yourself and others and correctly using the forces of evolution?

___28. **Live a self-directed life.** This would mean you have tamed your inner demons. They will not want to cooperate with this. Can you “take charge of your life, without guilt and shame?” Have you become an independent person, while also sustaining intimacy with friends and loved ones?

___29. **Engage in doing things that promote your emotional self-care.** Your inner demons want you to stay away from anything emotional. Have you developed hobbies, learned new things, recognized your strengths & weaknesses, found reasons to laugh? Can you be vulnerable and talk openly about your problems with a spouse, close friends and/or a therapist?

___30. **Do things that increase your social self-care.** Your inner demons may get anxious if you decide to do this. Do you stay in touch with friends and family, meet new people, and ask others for help when needed? Do you have stimulating conversations and spend time with people who you like or love?

___31. **Do things to improve your professional self-care.** This can upset your power-hungry or greedy inner demons. Do you say “no” to excessive job responsibilities, while learning new things related to your job, taking breaks during your work day and taking regular vacations from your work?

___32. **Engage in healthy physical self-care.** Your inner demons may tell you that you are too busy to do this. Do you eat at least three healthy meals a day, exercise regularly, avoid nicotine and excessive use of alcohol or recreational drugs, get plenty of rest/sleep, protect your skin from excess sun, maintain a healthy weight, eat healthy foods, and use nutritional supplements?

___33. **Have a satisfying sex life.** Your inner demons may like the idea, but they will get in the way of this happening, if they can. Can you get your sexual needs met in healthy, satisfying ways in your relationships? Do you lust or love?

___34. **Work with your dreams.** Your demons are likely to show up in your dreams. Remembering, writing down and studying any dreams you might have is a good way to build effective relationships with your inner demons. Dreams are windows to help you see where your inner demons live.

___35. **Do regular breath work.** Your inner demons can get you so anxious that you begin to hold your breath. Can you breathe fully in and out of your upper and lower lobes of your lungs. Regular practice can help you fully oxygenate all your cells and allow you to remain more stress-free.

___36. **Keep Your Sense of Humor.** Last but not least, your inner demons may prevent you from having fun and laughing at yourself and life, when appropriate. Are you able to not take yourself or life too seriously, and keep your sense of humor? Your inner demons are without humor.

___ **Total Score** (add the numbers for each item)

Interpretation of Your Sores:

If your score is between:

37 – 180 = Your inner demons are not tamed and likely you have low psychological intelligence

181 -250 + You have tamed some of your inner demons, but you still have to raise your psychological intelligence

251 + It looks as if you are making good progress in taming your inner demons. You have a high level of psychological intelligence.

**My Top 20 Dumb Ass Psychological Beliefs
That Indicate Low Psychological Intelligence
Barry K. Weinhold, PhD**

Directions: Read through this list and see how many of these beliefs you hold. This will help you determine the level of your psychological intelligence. Place a number in the blank next to each belief to indicate how much you think this belief affects your life. Key: 1=Hardly Ever; 2 =Sometimes; 3= Usually; 4 = Most of the Time

1. ___ **“When I grew up, I left behind everything that happened to me in my childhood”** The truth is that everything you ever experienced is stored in your body memory. However, only 5 percent of that memory is conscious. The other 95 percent resided in your unconscious and controls most of what you say, feel or do. The only way to avoid this is to leave your body. Not a good option.
2. ___ **“If I get depressed or anxious, it means there is something fundamentally wrong with me.”** Actually, there is nothing wrong with you when you have these or other symptoms. It is just your natural learning style trying to get your attention. Humans repeat any experience left unfinished from their past. Your body creates symptoms to get your attention, so you can finish what was left unfinished from your past.
3. ___ **“When I become an adult and I have children of my own, I will parent them different from the way I was parented. “Unfortunately, even with your best efforts to do it differently, you will find yourself repeating what was done to you.**
4. ___ **“If I have a mental illness, it is because I inherited it from my crazy relatives and I had nothing to do with creating it.”** Wrong. We only inherit about 10 percent of our traits from our ancestors. Over 90 percent of your behavior is due to what happened to you while growing up.
5. ___ **“All conflicts are bad and it is best for all concerned to avoid or ignore them.”** Again, this is wrong. Avoiding or ignoring conflict is the most common way people deal with them. It usually creates additional conflicts and prevents you from getting closer to anyone.
6. ___ **“ I have been victimized by other people and the government.”**
This is called victim consciousness and is a common way people avoid taking responsibility for their own actions. It usually involves blaming others for your problems instead of figuring out how to solve them or get help to solve them.
7. ___ **“When I get ‘triggered’ by a memory that causes me discomfort, the best thing I can do is seek comfort to calm myself down.”** Again, this is the worst response you can make in this situation. It actually is a signal that some unfinished learning experience from your past, is trying to get your attention, so you can finish it. Whatever you do instead of this, to return to your comfort zone just doesn’t work and you will get triggered again in the future.

8. ___ **"If I get upset by something someone says or does to me, it is their fault and they have to change their response to me."** You are responsible for your reaction, not the other person. Again, this is an opportunity to learn what is causing you to overreact and doing something to correct it.
9. ___ **"When I have a problem, I can only think of two opposing solutions to my problem."** Actually, this is rather primitive thinking. You should be able to come up with at least three different solutions to your problem. If you can't, this indicates poor problem-solving skills.
10. ___ **"I am smarter than others, so I don't have to follow the rules that they follow."** These words are spoken by either a narcissist or a sociopath. In either case they usually find out they are wrong. The jails are full of these people.
11. ___ **"Men are tougher and don't need to take care of themselves as much as women do."** This is stupid. Women live on the average, 7-8 years longer than men. It should be the opposite.
12. ___ **"When I become a parent I want to do all the things for my children that were good for me."** Intergenerational family patterns can contribute up to 80 percent of what you do as an adult. Without understanding of the impact of these unconscious patterns of behavior on you, you are destined to repeat them and their impact may be negative on your children.
13. ___ **"I had a perfect childhood and I got everything I always wanted from my parents."** Parents are ordinary human beings who make mistakes and there is no such thing as a perfect parent. As an adult you need to finish anything left unfinished.
14. ___ **"I am having lots of problems as a young adult and it is all my parents' fault."** You have a choice: you can blame everything on your parents or you can grow up. Those are your only choices.
15. ___ **"My mother stayed home with me and I had a very secure bonding with her."** The facts are that only about 1/2 of all infants achieve this milestone. If you are having relationship problems as an adult, it is likely caused by the lasting effects of an insecure bonding with your mother. This initial bonding experience forms a template for all your future relationships and does not change, without some intervention.
16. ___ **"Children don't feel pain or other negative things that happened to them, so if I abused my children they will not remember it."** This cannot be further from the truth. Infants and young children remember everything that happened to them. It may be buried in their unconscious memory, but the memory will show up in your adult relationships, if they are abused again.
17. ___ **"It is much better and safer not to ask directly for help from others to meet your needs."** If you are clever enough, you may be able to get others to meet your needs without asking them directly. However, this takes a lot of time and energy to be successful and leads to manipulative and codependent relationships.
18. ___ **"My DNA was established when I was conceived, so all I can do is live within the limits I was born with."** Actually, they have found that your DNA is very changeable and it changes as you do. Your brain and nervous system are also mutable.

19. ___ “I was betrayed by someone close to me and now I don’t want to be close to anyone.” Without resolving your betrayal conflicts and not able to trust others, your life will very lonely. No one is an island.

20. ___ “I have to please others, if I want them to like me, even if I have to agree with what they say or do.” This is called being a “people pleaser” and how to live out of your False Self. Doing this means you never be able to find your True Self. You will miss the birthright granted to all humans: to be able to be authentic in everything you think, feel and do. A huge loss.

Scoring: Count the number of items where you marked either a “3” or “4.” These indicate a strong influence of that belief on your current life.

TET: TRAUMA ELIMINATION TECHNIQUE

Barry K. Weinhold, PhD

My years of work in clearing trauma in myself and with my clients validated that it is possible truly to clear trauma from your nervous system, brain and behavioral responses. The ***Trauma Elimination Technique (TET)*** is not only the most effective tool I’ve ever used, it allows you to really take charge of your own healing process. I also like it because you can use it yourself when you really need it. This empowering aspect is really important to me, for most people who have been traumatized, feel disempowered, helpless and powerless.

I developed TET by synthesizing the best of a number of trauma healing modalities: the Tapas Acupressure Technique (TAT), EMDR (Eye Movement Desensitization and Reprocessing) and Thought Field Therapy (TFT). In the extensive use of TET on ourselves and with our clients, we discovered that it will not only clear trauma from present-life experiences, but also from other dimensions of realities, such as past lives.

If you wish TET to clear traumas held in other realities, just set this intention before you begin to use it. If this idea intimidates you, set you intention to only clear present-life trauma. You are always in charge when using TET. Here is the procedure.

Step 1: Learn the TAT holding pose.

- a. Use one hand to hold three points on your face. Touch the points lightly.
- b. Touch thumb lightly just above and adjacent to the inner corner of one eye
- c. Place the end of your ring (4th) finger just above and adjacent to the inner corner of the other eye
- d. Place the end of your middle finger on an indentation in the middle of your forehead about 1/2” higher than your eyebrows
- e. Place your other hand palm down at the back of your head just below the bump at the bottom of your skull (the occipital ridge), centering it at the midline.
- f. Once you have learned this pose, go directly to Step 2.

Step 2: Identify the trauma you want to work on. This should be one particular trauma, not one that is long-term or recurring.

- a. Focus your attention on a picture about this trauma.
- b. Notice what thoughts go with this picture.
- c. Identify the belief about yourself that goes with this picture.
- d. Notice what emotion you feel when you see this picture, think these thoughts, and believe this belief.

Step 3: Simultaneously hold the picture, thoughts, belief and the feelings while doing the TAT holding pose. Remain in this pose until you feel something happen internally (different for each person: a subtle shift of energy, a feeling of relaxation, a deep sigh or for one minute, whichever comes first).

Step 4: Notice where you have been holding tension in your body related to the picture/thoughts/belief/feelings and focus your attention in this place while continuing to hold the TAT pose. Remain in this pose until you feel the shift or for one minute.

Step 5: Return to your picture of the trauma you began with and zoom in close to review it with a “magnifying glass,” looking for “hot spots” or things that still upset you.

Step 5: Zero in on a “hot spot.”

- a. Focus on the picture/thought/belief/feeling.
- b. Do the TAT holding technique until you feel a shift.
- c. Focus on the “storage place” in your body where you hold tension related to this memory while using the TAT holding technique until you feel a shift.

Step 6: Continue returning to the original picture and reviewing it until there are no more hot spots.

Step 7: Drink a glass of water immediately after completing a session. Be sure to drink another eight glasses in the next 24 hours to help the toxins released by the TET procedure to leave your body.

Case Example:

Manny (not his real name) is a 45-year-old Jewish man who started working with me because his inner demons were giving him obsessive sexual thoughts. He told me that when he passes a woman on the street, he has sexual fantasies and is filled with guilt and shame. He is a very religious man who prays three times a day and attends services several days of the week. He told me he believed he was born evil and he even had his Rabbi confirm this belief.

I accepted his belief and asked him if he would be willing to consider it as one of two hypotheses that we could test. The other hypothesis I offered, was that he had some experiences as a child that might have caused him to learn some incorrect things about sex. He agreed to accept the possibility and I began asking him about any childhood sexual experiences.

He did not remember much about his childhood, except that he was introduced to sex when he was four years old when an older girl touched his penis one day while they were playing. He said he remembered being scared by what she did, Then, as a 12-year-old he and his buddy repeatedly watched pornographic films at his buddy’s house. He said this boy’s parents approved of them watching these pornographic films. He admitted that this really

contributed to his addiction to pornography and eventually he rejected the hypothesis that he was born an evil man.

His younger sister got into therapy and remembered incidents where she said he was sexually inappropriate with her when she was a small child. Her husband wrote an email to him asking him to apologize. He doesn't remember doing anything, but he apologized anyway and asked for forgiveness. His sister refused to forgive him. Interestingly he exclaimed, "Nobody ever forgave me." This suggested to me that he needed to forgive himself. Gradually, he weaned himself off watching pornography and masturbation. He said he went almost three months without watching it or masturbating. He reported that during this time he would turn on the pornographic images, but would then quickly turn them off, not giving in to the urge to masturbate.

I had a hunch that there was something else behind his sexual addiction. I gave him the self-inventory I had created that measures a person's Addiction to Adrenaline. Manny scored very high with a score of 171. This was one of the highest scores of anyone who took this self-inventory. This confirmed my hunch that perhaps the way he battled his real inner demon was by getting addicted to his own adrenaline. We then began to do work on reducing his addiction to adrenaline. I had him do deep breathing exercises to relax him he noticed he was getting adrenalized by his sexual thoughts. He reported success in gaining conscious control over his obsessive sexual thoughts (inner demons) by using deep breathing when these thoughts showed up.

The final work I did with him was to help him forgive himself, after explaining that I think the major obstacle to healing this is self-forgiveness. So, I sent him Collin Tipping's Protocol on Radical Self Forgiveness to complete, figuring that this is the main unfinished element of his past experiences and why he continues to feel guilty and ashamed of his obsession with sexual thoughts and feelings. Unfortunately, after this session, he decided not to continue working with me. I cannot tell you if he finally resolved his inner conflict. He has all the information he needs to do it.

Additional Resources:

Songs: "My Way" by Frank Sinatra

Films: "David & Lisa" by Frank Perry