

Healing Destructive Beliefs

Because Limbic Beliefs are associated with survival, they are very **resistant to change**.

The behavior (addiction) is the result of **trying to cope with an emotion**.

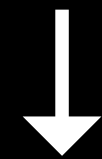
The emotion is the **result of a belief system**.

Healing Destructive Beliefs

Changing the **belief system**



will change the **emotion**



which will change the **behavior.**

You have to Feel to Heal.

Protective Personalities

Wounds create **walls**



Walls become protective (**defensive**) personalities



which are reinforced by **false beliefs** and



encouraged by **demonic influence**

Protective Personalities

They **protect** and keep us **safe** through isolation.

These personalities are mostly **subconscious**;
we usually need others to help us see them.



I'M PERFECT



POOR ME



SMART A**



ALLURING



DEPRESSED



ANGER



WHO CARES



WACKY



CUTE



ME, ME & ME



MR. HAPPY



CODA QUEEN



SARCASTIC



CAN'T COPE



KING BABY



RELIGIOSITY

Protective Personalities

The Doormat	Overwhelmed	Over-Achiever
The Hero	The Perfectionist	Don't Mess With Me
The Martyr	Hard Worker	Actor
Needy	Lazy	Blank
Mr./Ms. Nice	The Pharisee	Confusion
The Phony	Anger	Invisible
The Pleaser	The Bully	I'm OK
Rescuer	Contempt	The Wall
Mr./Ms. Right	Control	Numb
The Super Servant	Crazy	Overwhelmed
The Protector	The Critic	Loser
Independence	The Scapegoat	<i>Other?</i>
	The Victim	

The Lies We Believe

Projected Lies:

when others take their own fears and hurts and project them onto someone else.

*They create **heart wounds** and **distort self-image** and **worth**.*

The Lies We Believe

Survival Lies:

lies that we told ourselves
to cope in an abusive atmosphere.

Example:

“I don’t need or trust anyone. Needing and trusting makes me vulnerable and results in pain and shame.”

Hurting, wounded people usually end up **hurting themselves** and **wounding others** in the **same way** they were wounded.