

Family Patterns That Secretly Hold You Back

Good morning.

Alright. We're gonna talk hi.

Today, I wanna do a a sort of deeper dive into what kinds of patterns might be hold holding ourselves or our clients back when we're stuck.

So we often know there's competing commitments. There's something someone wants. Can you guys hear me? Something someone wants, and that's their foot on the gas and something that they don't want.

That's their foot on the brake. That's why you're stuck. That's why anyone is stuck. You have two parts in conflict.

Usually, our conscious mind wants the thing. I wanna write the book. I wanna get the clients. I wanna start my company.

We can talk about them with our conscious mind, but somehow we're not taking action.

So we all know as coaches, there's payoffs from staying in the status quo. There's some benefit, some protection, some way in which we are loyal to our family of origin. There's all kinds of hidden reasons that keep someone not taking the actions towards their dream.

Many, many people wanna go to the gym, but they're and they have the membership and everything, and they don't go.

So I've really taken a study in, like, what are the unconscious reasons that could be holding someone back that is hidden to them? So it's not like the client can tell you what the problem is. They don't know. If they knew, they would need a coach.

So we have to be an investigator to explore what kinds of payoffs, benefits, loyalties are operating in the unconscious.

So what it took me is into a study of our family systems and the ways in which patterns from our family influence us. And because our family gets us when we're first born and our brain is like plasticine and fully moldable, the imprints that we get in childhood feel like they're us because they're so early on.

And so a lot of my studies around family systems have come from, you know, looking into Virginia Satir, who was a family systems therapist.

She refused to work with anyone in isolation. She wouldn't work with one client. She'd need the whole family to come in, and she works with the family as a system. And this is an amazing, beautiful new upgrade because nothing is in isolation. If you go to the doctor and they just look at your liver, but they don't look at all the connections, you can't treat isolated parts of a system. You have to treat the whole system. So this is a an influencing feature of how to work with an individual.

When I work with a client, and I'm working in romantic relationships, I work with the entire family system, but not personally. I'm only talking to the wife or the husband or the single person.

But when I'm working with them, I am holding in my mind their parents, the client's parents, their family system, their future children or current children.

You know, I'm I'm always working at three levels. The person I'm coaching, their family of origin, and their future impact, whether they're kids, students, the people they influence.

So I'm always working at three layers even though there's only one person on the call with me. So just thinking about systems is really important when you're working with emotional dynamics, and it's off people don't often think about the system because we are highly individual. Okay. So another researcher named Bert Hellinger, who's also a therapist, did a lot of research on family systems. He

actually invented the constellation. If you ever heard of constellation work, where you get someone to act like your mom and your dad and your grandma, and you put them into a room, and a therapist works through the constellation to help make a shift in your psyche. An internal parts conflict, you know, IFS is about seeing the different parts that is influenced by different family members and influences, you know, different aspects of your mind that often get imprinted in your family of origin.

Constellation. Oh, so Bert Hellinger, b e r t, he wrote a book called Love's Hidden Symmetry, which is a masterpiece.

It's very expensive, though. It's, a hundred bucks for the book, and you can't even get it anymore. And then Virginia Satir.

Virginia Satir is one of the people that NLP is modeled after.

These are the two, I think, the best family systems therapists that have ever been.

Okay. So I'm sorry. Was Virginia Satir the ones that continues to kind of break down the specific pieces of why things are happening?

And because I studied NLP a little bit too, but then other people like Ericsson, he really goes very broad with metaphors. So did Virginia breaks down how do you specifically know? Why does this happen?

Does does she do that or no in her practice?

Think that was her main gig. I could be wrong, but Virginia Satir, her unique contribution was she only worked with individuals in the context of a family. Now Virginia Satir, Fritz Perls, and Milton Erickson were the three therapists that were the most comprehensively effective compared to other therapists. So John Grinder and Richard Bandler modeled these three therapists to see what were they doing, reading their transcripts, watching their videos to see the same patterns across all three.

They took those patterns and codified and modulized them into principles, which is what NLP is based on. So NLP is just the best technologies that the best therapists came up with to help people struggling in their subjectivity make progress. And then, they become codes that we can all learn. Right?

It's almost like getting them to train us.

So there's many family systems therapists, but these two have really influenced me. Also, Alice Miller. She's she does a lot of stuff about she wrote the book, *The Drama of the Gifted Child*. She studies how children end up taking on burdens from their family of origin. And that's what I wanna talk about today is that every family has unwritten rules that govern the functioning of the family.

No parent sits down and tells their child, okay. I want you to get clear. You are never supposed to have more fun than me. You are never supposed to be richer than me. You are never supposed to be more expressed than me. They don't say those things, but they be them.

You know, a parent might say, settle down, children. Stop being so rambunctious. And it kinda sounds like a parent thing to say, but kids are supposed to be rambunctious. And oftentimes, parents don't realize that the aliveness, the expression, the carefreeness of the child is actually confronting to them. And it brings up unconscious to the parent envy.

You can envy someone's aliveness. Most of the time, envy, shame, guilt, these things are status reducing emotions, and so humans are trained to never reduce their status. So when you feel jealousy, envy, shame, your brain hides it, represses it, and it dresses up and expresses in the form of aggression.

So a parent will say, settle down. You're making too much noise, ostensibly because they don't want the noise or they don't want the table beside them at the restaurant to be disturbed. But oftentimes, it's because the parent was told to settle down when they were kids, and they don't like the confrontation of this raw, beautiful aliveness that they had to squish.

So these are very hidden things. My daughter would be painting on our kitchen table with, like, paint, and it would spill on the table or get on her hands. And I noticed there's a part of me that's like, don't be messy. Clean it up.

Why are you spilling it? And I would catch it in my mind. And I was like, why am I trying her to make her be clean? She's five years old.

She's painting. It's watercolor. We can wipe it up. And when I traced the feeling inside of me of why I'm doing that hold on.

I'm just muting everyone. You can mute when you need to. The reason I was doing it was because that was done to me. My mom always wanted things to be clean. She didn't want a mess. She wanted it to be clean more than she wanted my imagination as a child to be expressed.

And many moms are like that. I'm not making her wrong. It's just that's what was done to her. You know? My dad came in and actually said, hey.

Let the kids write on the wall. Like, we used to, like, draw on the wall, and my dad would be like, we can always paint the wall, but we can't get back the child's imagination. And so there was always this tension. My mom really figured it out after a while.

But these patterns, you'll I'm always finding them in myself because I'm always asking myself, why am I telling my daughter to do this? When I trace it down, is there a reason that's actually genuine, or is it underpinned by some shame, guilt, envy? K. So these are the rules that we pick up in our house almost like an accent.

You know, if you grew up in the south of France, you're gonna have an accent.

You don't realize you have an accent until you come to America, but there's an accent. And every home has an accent, emotional accent. How happy you should be, whether you're affectionate or not, how serious, how funny.

And we pick up these rules, and we don't even know that those rules are running in our system, and we take them into our life.

Your rules can be anything like, thou shalt not be richer than me. Thou shalt not have more fun than me. Thou shalt not love your life more than me. Be more healthy than me. No one says them, but we learn them. And this is why overweight parents have overweight kids is the kids go, oh, I I wanna be like mom and dad. All kids wanna be like their parents.

You know, for the first, I would say, eight years, they're just a homo imitans. They just copy. And this is good because parents do things that keep them alive, like eat the berry that's healthy, not the berry that's poisonous. So it's appropriate for the child to copy these memes, these cultural transmissions.

But if these cultural transmissions are not well, investigated and explored from first principles, we end up incepting into our children's minds shames, guilt, shackles. Oh, don't be too loud. Don't wear that bright colored shirt. You know, fit in or or stand out or whatever the thing our parents are imprinting.

And so we need to be knowing with ourselves and with our clients that a lot of what our clients are struggling with are hidden rules that were imprinted on the plasticine mind of this child from early zero to five. And because those rules are what keep the child connected to their family of origin, I e, belonged to their original tribe, that connection is very, very strong, and it's mostly unconscious.

On Maslow's hierarchy, the first three rungs of the ladder are food, safety, belonging.

Long before I wanna be rich, I wanna be famous, I wanna be self actualized, I wanna, you know, reach my potential, all that fancy stuff is way later.

Because belonging is so primary, this umbilical cord connecting you to your family of origin, trying to keep you loyal, you will never a client will never trade in belonging for growth, possibility, self actualization, riches.

All those are extra. They're luxuries. And so if we don't know that, we're gonna keep try you know, if someone can't quit smoking no matter what happens, but smoking is secretly the way they stay connected to their dad. And secretly, even to them, they don't even know that's why they're doing it.

People make up their own reasons why they're doing something. Well, the reason I can't get a raise is because, you know, I don't want this responsibility of management. But, really, unconsciously, they're staying connected to their unemployed dad who never made over fifty k, so they have a embargo on making over a certain amount of money. There's all kinds of things that are running the constraints in our life.

Can't lose weight, or maybe you're staying overweight to make sure you're in the club with your mom who is always overweight, or you're a victim to be like your mom who is always a victim. Almost nobody realizes that they're running these patterns and because they were picked up before the child was conscious, and new reasons are made up for it.

But the the one rule you have to get is that all human beings have to belong themselves to their family of origin. I don't care how consciously you hate your mom and dad. You don't wanna be like them. Doesn't matter what you want consciously. You have to plug in to the lineage to connect. And if you don't know the way you do it consciously, then you are unconsciously doing it in some way, usually in a shadow.

And in fact, the parent that you struggled with and most don't wanna be like, you are being like them in some way that your brain is hiding because you don't wanna be like them.

So that's where you wanna go look. For where you're stuck in life, it's probably because you're channeling some pattern to connect to your mom who you can't stand, but it's secret, and you can't break it.

You can only trade it for another one.

So I think of it as like your by the way, Bert Hellinger calls these suffering obligations of love.

These are the ways that we suffer as an obligation to be loyal to our parents, and they're mostly hidden.

So if I want to shift a loyalty that I have with my mom like, one of the loyalties I've been running my whole life with my mom even after she passed away, is this guilt. Like, I would feel guilt if I wasn't at the door when my daughter came home or if I was out for two hours, and I thought I was longer than she might have wanted me to. As I'm walking up to the front door, I'll feel this guilt.

Even though she was with my husband or with somebody, the guilt is mine. But when I trace the guilt in my body, the sensation, down to its root, I realize this feels like it's not mine. It feels like my mom's. So as children, we take on feelings, patterns, habits, shames, guilts, insecurities from our family of origin.

And I could trace the guilt to my mother, and I was like, oh my god. I'm running my mother's guilt. So by the time I would get to the front door of my house, I would be doing a meditation practice where I would be handing the guilt back to my mother in my mind, imagining her face taking it, saying that was never yours to begin with. Give that back to me.

And by the time I got to the front door, I wanted my daughter to see my happy, excited face, not guilty mom, which is what I was doing. So not only was I gone for two hours, now she's interacting with an unpleasant, guilty, fussy mom instead of, hello. I'm so delighted to see you. So these are the patterns that we have to become aware of.

So what I started to do is connect to my mom in another way to replace the guilt. So I like to dress up. Look at me. I'm in my velvet thing.

I'm just sitting here in my office on Zoom. Every time I dress up, I am connecting to my mom. She always like to be polished, and I do it consciously because I like

decorating the world, and it's fun. But, also, I would rather be polished and decorate the world than run guilt.

So if I have to connect to my mom in a way, I'll pick a designer way intentionally, a way that my mom would be clapping for and that I'm clapping for. If my mom knew I was running guilt to be loyal to her, she'd roll over.

She would be like, ew. So we get to find out for ourselves and our clients what are the unconscious ways that we are being loyal to connect into our family of origin and belong ourselves, and can we create new designer ways that are more effective and are the mark of a genuine loyalty, not whatever you picked up as a four year old that was lying around in the house.

Okay. Is this making sense?

Okay. So one of the ways this looks is, you know, I was struggling to write my book for many years. I still am, but I couldn't even take an action. Like, I couldn't even if somebody even asked me about a book, I'd start to burst into tears.

I was just, like, overwhelmed. And I realized that books in my family are considered religious objects. I wasn't raised with religion, but my dad really admired knowledge. So if he saw a book on the street in any language, he would bring it home.

Can't even read the book. But books are sacred because they contain knowledge, and we must revere the books. So I grew up seeing a book as like every book is a bible. No wonder I can't write a book because I gotta write the bible.

And that's actually what happens. I have to can't just write a book about love. I have to the bible for mankind about how love should be forever. Oh my god.

Oh, wait. I that too much pressure. So I had to, like, do some work around that. I also realized that no one in our family has ever written a book.

It's not even a thing. It's not ecologically the thing we do. Our family does a lot of cool things, but writing a book wasn't every one of them. So I asked my dad, can you write a book?

Can you just start a memoir? And I hooked him up with those ones where you interview the person. And he started recording his stories and writing his book.

And I was asking him to write a book not just for him and the family to get his legacy, but also because I wanted to make a shift in me. If my ancestor, my dad, was writing a book, then I could be in rapport with that.

K? So that's an example of, you know, getting conscious of these patterns. Another one, my mom died very young of cancer, sixty four years old. And I had a bout with a kind of dance with cancer almost about six years ago. And during the period where I was, like, working through how do I treat this situation, I noticed my brain in moments of panic would be counting down from my age, which was, like, forty eight or something, from her age. So I'd be sixty five minus my age, and then I realized I'm counting down the number of years I have left to live, like, unconsciously. And I find clients will tell me, like, oh, my mom, you know, she died of this, and so I always feel like I'm gonna like, we unconsciously make these pacts.

Especially because I didn't feel as connected to my mom, the ways I connect to her are kind of more shadowy, more hidden because I have this conscious thing called I'm not like her. So I started to consciously do things that I footnoted to my mom to replace this other I don't wanna die of cancer like my mom. Like, that is the last thing my mom would want out of loyalty, and it's the last thing I want. And I don't wanna put that into my daughter. Because if I do that with my mom, she's gonna do that with me. So anything you do with your parents, you end up unconsciously imprinting for your child.

So I, yeah. These are the kinds of things you get to watch. I I also sometimes we can't see any way that we are like our parent. We're like, there's nothing unlike my dad at all.

You know, Evan's dad was, know, physically violent sometimes, and Evan made a pact. I'm never gonna be physically violent because I see the cost of that.

And sometimes what the parent does in their crazy helps you build a compensation that is never gonna let you do that. So even though it feels like it's not a gift, the dad being violent is actually a gift because it shows that split test and what happens. So we don't need to go down that that tunnel because we know how that ends. So even if on the back of the parent's crazy, you can build a skill that makes your life better that you can footnote to them.

K? If your mom was a drunk and then you're like, well, I'm not touching alcohol, Great. Maybe if your mom hadn't been a drunk, you you could have been something, you know, dependent. So let's see what else I wanna say about that.

Oftentimes, we have guilt around our parents, like struggle. Oh, they struggle, so I have to be like them and struggle.

That's another way of looking at the suffering obligation is they never had this, so I shouldn't have this. Because if you have a family on the farm in Oklahoma and they were poor and simple folk, you going off to New York and being a hedge fund manager and having this fancy life feels out of rapport with your tribe. You'll feel ashamed. I remember the first time I lived in a really nice apartment and my family came to visit.

I felt I've noticed this awkward feeling in my body. Like, I had to apologize. Like, yeah. You know, it was the only apartment we could find near work and because the view was really nice.

And I you know, I was living with Evan, and we'd found this great place. And I was like, oh, I'm trying to be in rapport with the ancestors that are less, you know, flamboyant or, like, fancy when actually what I wanna see it as I'm representing the cutting edge of our lineage. Look what we made, family. This is us.

Right? So it's looking for your apologies and insecurities.

I wanna give you some rules that Hellinger influenced in me that I think are the principles that allow a family system to be healthy.

And you don't have to agree with these rules. These are just frames that I've noticed, and they're quite controversial. But these are frames that when you bring them into a family system, it rebalances and reorganizes the power dynamics in a way that's healthy. K. So in family systems, the most useful stance to have from one family member to another is I owe you nothing. You owe me nothing.

So it transcends guilt, obligation, duty, all that. Believe it or not, the minute you're born, your parents owe you nothing.

If they feed you, clothe you, keep you alive to the point you get to adulthood, that's a gift.

It's not an ode.

It's a much better relationship if your relationship to your parent is, you know, thank you for my life.

You owe me nothing. I owe you nothing.

So that every time the parent feeds the child, you're, like, in gratitude, but not obligation. You're in gratitude.

Now it's both ways.

Parent to child, child to parent. I think the the the frame that's useful between parent child child parent is it was our destiny, our choice to dance in this life together, and we chose it.

I really believe it's a more useful frame to believe that parents choose parents choose their children and children choose their parents for a particular curriculum.

That's I'm not saying it's true. I'm saying it's highly useful to get effective behavior where you take responsibility for your life, and you don't leak responsibility backwards.

Another way to say it is it was a privilege to dance or do this life with you. Whether a parent says it to a child or child says it to a parent, can you see the privilege? Can you see the benefit?

Because often our superpowers that we love, that we identify with, are compensations built on the back of our parents' crazies or unconscious habits.

And alright.

Christo? I'm just yeah. Go ahead.

Yeah. The last one, is the privilege one of the rules?

No. The these are Annie's rules. These aren't these are ways that I think it's useful to try on in your brain.

It's the first one is I owe you nothing.

You owe me nothing.

Yeah. I owe you nothing. You owe me nothing. That's a good principle.

And then it was our destiny to it was our destiny to dance together. It was our choice to be together. It's a privilege to do this life with you. That kind of vibe.

K? It's similar to I owe you nothing. You owe me nothing. It's gratitude and privilege rather than you owe me.

From child towards parents, thank you for my life. Thank you for being my teacher.

K? Thank you. Gratitude's appropriate, but no obligation. So this whole, I suffered for twenty years raising you, and this is how you treat me, that's *****.

This whole parent thing where you owe me infinitely because I gave you life, *****.

Your parents owe you nothing. You owe them nothing. Really. And you don't owe your parents taking care of them when they're old.

The the the deal is, can you be a parent that is naturally and organically inspiring your child to want to be around you, come home for Christmas and Thanksgiving, want to support you. Who would you have to be for that to be organic?

That's the right dance.

K? From parent to child, Thank you for letting me raise you. Thank you for being my teacher.

The right stance from a parent to child for optimal life and family systems organizing is it was a privilege to have you as my child, not you owe me.

K? And a lot of our religious and cultural systems have duty going backwards to the elders because guess who wrote the systems?

The elders. So it's really convenient to have the child be asymmetrically in in obligation and duty to the parent, but not reverse.

Even in Indian culture, children bow to their parents' feet, touch their parents' feet when they enter the door. I mean, we don't do that, but, like, really ***** Indian families. But I don't see the parents touching the children's feet.

That's actually appropriate both ways. It's deep honoring. Thou shalt honor thy mother and father. Somewhere in the bible. Great.

How about honoring your children? How about both ways?

Thou shalt honor your children.

So the stance is namaste. Right? The divine, immortal, happening once and for all and never again, part of me greets the divine, immortal part of you.

It's equal peer to peer at the soul level. The child might be three years old, but they could be a much more ancient intelligence coming into a three year old body. They don't know how to move their hands and legs, but their spiritual growth might actually be more advanced than the parent. So so get rid of age and chronology and get that there's two souls meeting to dance a dance called parent child or brother sister or friend. It's always two souls.

And anytime you forget and you get into a hierarchy of their you can be in a domain hierarchy. Like, right now, I'm teaching you and you're listening, but I don't have a soul to soul hierarchy.

Soul to soul, we're in this dance together, and there's a million things I could learn from you that even with my clients. Most of my clients are more successful than me, so it's namaste.

And then the last principle is to recognize that energy and life force and resource should flow forward rather than backward in order to have progress and evolution.

K? The tree the tree puts energy into the tip of the root, into the flower blossoming because that's the cutting edge of the next generation of growth, of progress.

So resource natively should not go backwards. It should go forwards. If it goes backwards, it's because the tip of the root or the flower finds it's benefited by it.

K?

It's controversial, these frames, because we live in cultural structures that highly imprint.

You must, you know, take care of the ancestors, And I think it needs to go in both directions. I actually think, if you want a system to grow, you wanna funnel resource into the tip, the edge of the expanding system, which are the children.

So, again, these are just rules that I found are the most useful to create the outcomes. And, again, I'll put them in the chat here.

You don't have to take them on, but try on considering what shifts when you take them on, and you'll see that the kind of healing that produces robust, powerful family systems Yeah.

Can I ask you a question about some of the rules? Yeah. So, I mean, they certainly cause my mind to expand and shift a little bit in in a way it makes sense. So I owe you nothing.

You owe me nothing, which makes a ton of sense. Because when the parent gives birth to the child, they're not really thinking about, I'm gonna do you a favor. I'm gonna give you a birth. They're doing this for their own thing.

So, the kid doesn't owe them because the parent gives birth to the kid. But once, how would you reframe, because in my mind, I cannot reframe this. If they raise me, I feel like they've done something to me. It's no longer a gift.

I mean, you can think of everything as a gift, but now they have some they have done something consciously through effort and sacrifice to really, raise you.

And that's something to their own, you know, I mean, their Okay.

So so let's just cut to the chase. So the belief that you have, you wanna try it on, and it's very strongly imprinted when we're a child to have that belief. Then just notice who imprints the belief. If if if you hear from a country, the dairy board says you need to have four hundred milligrams of calcium a day, but the person giving you the milligrams of calcium is the dairy board, you wanna be a little suspicious about the research.

So you always wanna look at the agenda of who's making the imprint.

And I don't blame ancestors for wanting to get as make sure that we're taken care of when we're in the old age home. But it's much easier to guilt and oblige it than to actually be the parent that naturally inspires it.

K? To be a parent that your child wants to take care of is way more work than shame and guilting and imprinting on the brain when it's very young, you owe me because I sacrificed, even the word sacrifice.

What do you mean sacrifice? This child is literally your access to immortality and evolution.

The child is just as much a benefit to the parent as the parent is to the child. And in fact, most people have children for bigger for for reasons that are very selfish, for status, for to have people take care of them when they're younger. This is why poor people have many kids. They have many kids because one of them will hit the jackpot and will take care of the whole family.

And I'm not even making it wrong. It's I get it. It's very efficient. But if we're gonna design family systems principles from scratch, if we were gonna seed a new population on a new planet, which is how I'm always thinking, What would we want from first principles?

And owing backwards, I have never found offers maximal developmental possibilities for both the parent and the child. What it offers is cop out on the parent game. Now I'm not saying your parents did this intentionally, and they're trying to, like, steal from their children. Like, I don't think any parents are consciously doing it. They just notice in culture, what are the frames that are convenient? Let's take those, and they don't even know the cost of it.

K? So this idea, Garrett is sacrifice.

No one the the word sacrifice, I find, is overused. People are making choices, and parents are making choices to take care of the child. Yes. They love the child.

We're programmed to love the child because the child is our immortality. It's literally how we get our genes to keep going into the future so we don't die left from the universe with no trace. It's immortality, and there's a great trade for that. And so I don't I see it as square.

You raise me, you get immortality. We're done.

Everything else is bonus.

What do you mean by you raise me, you get immortality?

I You you you took care of me and fed me.

And what you get in exchange is all the things a child gives you, one of which is your access to immortality. A child is a time capsule for your DNA, your thoughts, your ideas, your visions, your values to go into the future after you're dead. That's a pretty good deal.

Let alone they bring you joy, they teach you, they take you out for dinner, they maybe take care of you in the nursing home. Like, those are all bonus.

I'm saying to build in that you owe me just because I gave you you know, I raised you, it has a crack in the foundation from my perspective.

So I this is gonna be controversial because I'm tectonically shifting very deep cultural assumptions. So I don't I'm I'm not gonna be able to argue with all of them, but, like, I'm just laying them on the table and go, here's what I found in my research, and it's taken a lot of courage for me to come up with these because they're quite edgy.

No. That's great. I'm I'm wide open, very thought provoking. I was just curious about the the immortality if if the child was born. So if if there is no child, the the mother would not have immortality.

I'm trying to put the pieces Well, you tell me.

If you don't have a child, if you, Hirstow, don't have a child, when you die, you're gone. Your DNA is gone.

Your thoughts, your ideas Oh, got it.

See what you're saying. Got it.

You're gone. You're goodbye.

Children is how you immortalize yourself. You can also do it with your art. They say a person dies two times, once when they physically die and once when their name is said for the last time.

So your legacy children are part of the legacy, and it's a really cheap, easy way to be immortal. You know? We can do it like, you know, Salvador Dali have art. I don't know if he had kids, but, you know, there's ways to do it, but children are the ways that most people do it.

Alright. I wanna we have let's do a quick question, Ali, because I wanna get into the practice. Go ahead.

Yeah. Sorry. I missed the initial part. So if it's, you have the answer, I'm gonna reply to like, rely on replies.

This thing that you're mentioning, I'm asking for a little bit of selfish reason, also love for my mom. Yeah. I think this subject this topic that you're talking that they feel that I owe them, not necessarily owe them, but they're doing nothing with their lives, and they're waiting. It seems like they're achieved the spectator mode, and they're doing nothing to progress themselves, specifically my mom. How can I noticed this, and we worked with another coach?

Many people, many parents give up on their game of making a life that they love.

Exactly.

And they port their existential burden of having value onto their children. This is why they're up your butt. Get married. Get the job.

Because they want it more than you because they gave up. So the abdication of responsibility, which we all are born with as a human being, we're born onto this earth. We have our life. And at some point, we realize nobody's coming to save me.

I have to figure out what to do to make meaning. I have to figure out how to create value. I have to figure out how to live so that when I die, I don't go, should've, would've, could've. How do I do that?

That's the hardest work there is. That's called existential angst. That is at the root of every pain, depression, fear, anxiety that any human's ever had is what it's funded by is why the **** am I here? Why did it matter that I lived?

Will anyone give a ****? And if you don't answer those questions, you end up pressuring your children to do those answers for you, and it becomes a burden for your children. So now your children aren't here just going, what do I wanna do with my life? They're hearing, be a doctor.

Win the football game. You must succeed. Be a billionaire because you're having to be burdened by your parents' unlived life.

Is there any strategic way to rekindle these questions to ask themselves The only way, Ali, the only way to do it backwards because it's your mom, and I don't have your mom to talk to.

Maybe if I had her, I could use a custom crafted marketing schema to use her values to help her emancipate the vampiric oppression.

For her own sake.

I want her to have the authority it.

The only way to do it is to pull the claws of her oppression, her pressure, her guilt, shame, obligation, you have to use, whatever, all those pressures is to pry them off of you lovingly and hand them back and then take all the mom and dad shoulda, coulda, wouldas out of your brain and go from my soul, Ali, what do what is gonna make me sign my name to my life on my deathbed triumphantly? What is it? Get clear on that and do it like a ***** because you doing it creates a demo for the family sister system. Siblings, parents, watcher buys, they go, wow. Look at Ali go, and then there's a chance for them to copy.

You can't do it cognitively. You can't try and talk to them because the pressure with which they're putting the burden on you is existential. It's the same pressure that a rat is using to stay alive in the corner of a kitchen while it's trapped. So no wordy words are gonna combat that existential force. You just have to lead by example. You lead by example, and oftentimes people in the family will criticize and make it wrong.

You should be you should be taking care of your mom. You should do what your mom says. You want to be she wants to be a doctor. You should be a doctor. All the culture will try to get you to be not yourself because they weren't themselves. And the minute you go be yourself, you're highlighting where they gave up on their one job in life, which is to make a life that they have that has meaning for them and that they're proud of.

So whenever other people do that, it shows them up, and they don't know that that envy, that aggression is funded by envy. Most people don't realize their aggression is funded by either envy, jealousy, guilt, or shame. Most aggression.

Okay. Thank you.

So what we're gonna do now is do a little practice.

I want you to get into groups. I don't know how we'll figure that. Maybe groups of two. And I want you to share three aspects or traits that you appreciate in yourself that can be footnoted directly or inversely to each parent.

K? So my for me, I'll give you a demo. I love to read. Love to read.

My dad made books really important. I revere curiosity and imagination. My dad told me curiosity is how god speaks through you. So every time I have a question or anyone else has a question, I go, oh my god.

God is speaking. God wants to understand reality. So I I honor it as sacred. My daughter's father was empathic.

Was always tuned into other people's feelings almost to a fault. So these three traits, I got imprinted from my dad, and I love that they're in my life. My mother. I'm a great dresser.

Like, I always look great. I like to decorate the world. I chat with strangers. If I'm in an elevator, in a bus stop, I can chat anyone up.

My mom taught me that. I'm great at organizing and tidying. If I need to clean up a room in five minutes, I can do it. I'm very good at that.

All three were imprinted by my mom. K? And these are things I like about myself.

You know? She was also a great cook, and I didn't learn to cook, and, like, that's not one I got. But those three. Okay.

So then I wanna so you get three traits that you love in yourself that you got from your parents. You workshop it with your partner. Sometimes you're like, I can't find one. There is one.

There has to be one.

And, ideally, it's a trait that's led to your success in some way. And then I want you to find one trait in each parent that was frustrating or painful or scary for you. K? Share how their crazy that you didn't like ended up helping you grow into a more resilient, powerful human.

My mom was emotionally unavailable. She was a physical genius, not an emotional genius. So as a child, as an emotional child, I had to figure out all these hidden labyrinthine ways to understand emotions because she was not good at sharing them. And now I'm a love coach.

Like, my superpower that I sell as a living is on the back of my mom being emotionally unavailable.

Like, yay. Like, you know, if that was the way I got access to my skill set, okay. That was the best way I could get it.

My dad was very here's one for my dad, a negative one. My dad was very protective of his mother.

Like, if he if ever his mother and I were a tete a tete, and we sometimes got into it, I always felt in competition with her. Like, he would bias towards her over me, which felt wrong. It feels like when you fall in love, your new resources should go to your new family, not backwards to the old family, like a vampire's, you know, sucking. But that's what I always felt.

And she was a very kind of more sociopathic kind of woman anyway. But as an adult with my daughter, I am very careful to never put my parents' needs before my daughter or my husband. I've learned that this family that I'm in is actually more important to me than my family of origin. Even though I love my family of origin, this is my family now, the one that I'm in, not the one that I came from.

So which is your actual family? I'm very clear it's this one. I learned that because my dad didn't have a good distinction, so I learned on the back of his crazy. K?

So that's an example.

And then bonus with your partner, workshop a specific example of how one of these traits, the ones that was inspiring you by copying and the one that's inspired by copying the opposite, how it showed up in your life in the last couple of days. I want you to see that it's it's daily you're being influenced by this.

K?

Yesterday let's see.

Here's an example. Yesterday, if I picked up a book on creativity actually, this was from before, but I picked up a book on creativity, which is my dad's influence, and I started reading it to my daughter. And we had this great discussion about how brainstorming is better when you have more people in the brainstorm. K? That's an example.

Alright.

So, Christo, if you have to leave, that's no problem. Why would yeah. Put everyone in the same breakout room. Kim can do that.

I'll I'll be with everybody, and I'll leave it at eleven if that's okay.

Perfect. No problem. So Kim, make a group of three, and then everyone gets let's do try and do ten minutes.

And powerful session today, by the way. I love it.

Great. I want you to practice consciously belonging yourself to your family of origin so we're bringing into consciousness what was previously unconscious, and then workshop with each other to help get it. Nail it. K. And I'll see you on the other side.

Alright. Kim's gonna put you in your group. This is a really valuable exercise. I hope you do the best you can. K. See you soon.

Right. What'd you notice? What'd you learn?

Was it When I was sharing, I noticed for few of like, two points, I improvised new things.

So it was it kept the thing rolling, and, my brain connected to other traits that I was I didn't wrote. But I said, oh, those are actually makes more sense.

Thank you.

Did anyone struggle with trying to find traits that connect?

I I did for to find good traits that I, had to copy my mother because I usually do the opposite. There are certain things that I do the opposite, and it works. But then I'll I'll throughout the exercise, I found few other ones.

Good. So the ninja move is to start as you move through your life. Every time you do the thing, every time I put on a necklace, I do a little thing to my mom. It's a microsecond.

She's not even here. Maybe her spirit hears it. Whenever I pick up a book, I footnote my dad. I try to footnote them in when I'm speaking.

Why? Why am I doing it? Not for them. I'm doing it because the more I connect with my parents in the way I'm most proud, the less I'll connect with my parents in the way I'm not proud in my shadow.

So I'm I am doing lineage shifting work for my daughter to not have to pick up my crazy by being, like, it's called a transitional character in a lineage that doesn't allow the wound to get past them into the child. That's it's almost like we're standing here, and there's a tsunami of crazy coming from our lineage trying to get onto our children, and we're trying to block it.

And we're facing the wave, and we're like, I don't wanna get this on my kid. But because you're not a perfect wall, something's gonna get through your fingers and your legs, and then your kids are gonna be in therapy in Landmark going, why did you?

They're never gonna get that you did the best they could because they have no clue what you came from. And it's not your job to tell them that.

It's it's your job to get that that that there's a responsibility you're taking for where your your crazies, where you're not responsible for your own well-being and regulation gets on that. That's usually what it is. We can't regulate in some particular way, and then our anger, fear, rage, confusion gets on to our kids. Every issue that a kid has with their parent, you trace it down.

It'll be some moment where the kid was supposed to have a grown adult holding space, and they're supposed to be the kid, but it got reversed. The adult lost their ****, and then the parent like, the kid had to, like, cope or take the burden or compensate, and that builds resent. So our job is to not lean on our kids at all, just to stand on our own two feet financially, emotionally, intellectually. That's the job.

Not all parents can do it, but that's what we're going for. Right?

Okay.

Any last Can I share Yeah?

Something quick? After doing the exercise, and I was a little bit late, this, there is also one psychological thing. It's called IFS, internal family system.

Yeah. We talked about it.

Same rules applies within. Like, I don't have a kid right now, but I can say, like, oh, this is the same thing that I could do with my internal family, which is my Yeah. We have parts.

Exactly. Internal family systems is basically Bert Hellinger's model of families that he does with the constellation. But instead of doing it in a room where people take on parts of your internal family system is you you have a piece of your psyche that's mapping all the different parts, and this is why constellations work. It's holographic. As within, so without, everything's holographic. And so you can work at any level of the hologram. And then once you shift in the hologram, because it's all connected, it cascades through the system.

So when I'm working with a client, I don't need their biggest issue. I just need their three out of ten issue because the same shape is their biggest issue. So we work on the three out of ten. I build skills. They don't lose their **** in the middle of the session, and then I show them I tell them this is gonna cascade as a pattern reup, like a shift in the pattern across the entire relationship because, couples couples only have one issue, and the issue just dresses up in different things. It's the same issue. And so I don't care which one I get.

And once you realize that you're working with holographic issues in someone's mind, you can pick and choose which one you work with and, you know, and and stay away from landmines.

Alright. Natalie, how was it for you?

It was good.

It was pretty easy, I think, to find the ways that, I appreciated things in myself that I got from my dad, which is funny because my dad is the one that I have the mow had the most issues around for a lot of years. I had daddy issues.

But if you've done the work, then this is very easy. If you've done the work, this isn't a struggle, and so, you know, it just gets you to see where you're at.

Yeah. Which was funny that the harder thing that I had was to find things in my mom that I learned from her that I appreciate because I I feel like in my life, I didn't have as many mommy issues.

Okay. Sorry, guys. I just realized it's eleven thirty. Gotta start another class. I gotta run.

Sorry. Take care, loves. Thank you. Bye bye.