

## You Spot It, You Got It

When you remember that **you are not your patterns**, remember who you really are, your essence, your spiritual self, it allows you to take responsibility for the patterns and the ways of being you have tried to disown or transfer onto others. **Taking responsibility for yourself is the ultimate freedom.** Often, we avoid it because the word “responsibility” can sound like a burden. Or we associate it often with punishment or blame. We equate “my responsibility” = “my fault”

But in fact, **My Life is My Responsibility** is the ultimate ticket to the Right Road – to being able to live a life of emotional maturity, a life of freedom and choice. This does not mean life won’t happen or that our relationships will be perfect. Bad things happen, death happens, loss and change happen. Life stressors challenge relationship. Conflict is a normal part of relationship.

But being able to take responsibility for yourself, for your reactions to life, for the way you show up for your life, is the difference between being a victim and being fully alive. We can envision how we want to be in relationship. We can identify our triggers and the transferences we fall into. We can own our projections. We can recycle the patterns that snarl us up. As Gandhi says, “Be the change you want to see”.

## Transference Tool

You’ll recall the transference model you used in the Process is a very powerful tool both for gathering information, and for healing. Continue using the transference tool any time you find yourself triggered by someone. If you don’t already, have a few printed copies of the transference worksheet on hand. Ultimately, transference is a tool of awareness for you to understand yourself, and for you to move out of old reactivity. Use it with care and compassion, for yourself and others.

In addition to the Courageous Conversation model we provide, if you’re interested in learning more about having a “clean” way to express to other’s what you’re feeling, without putting blame on them, consider exploring the **nonviolent communication model**. Here’s a brief introductory video: <https://www.youtube.com/watch?v=DgaeHeIL39Y>

*“What I want in my life is compassion, a flow between myself and others based on a mutual giving from the heart.”*

~Marshall B. Rosenberg

## Negative Transference

I had a negative reaction to \_\_\_\_\_.

Day/time and location (*when and where only*): \_\_\_\_\_

\_\_\_\_\_.

The body sensations I experienced: \_\_\_\_\_

\_\_\_\_\_.

The emotional reaction I felt: \_\_\_\_\_

\_\_\_\_\_.

How old I felt: \_\_\_\_\_.

I experienced this person as (*list your perceptions, judgments*): \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_.

How does this person remind you of your parent(s)? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_.

Trace each pattern in the above two sections.

**Negative Transference** *continued*

How I interpreted what happened. The meaning I gave it: \_\_\_\_\_

\_\_\_\_\_ .

What this reminded me of when I was a child: \_\_\_\_\_

\_\_\_\_\_ .

The patterns I went into were: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_ .

Trace each pattern in the above three sections.

Where has this similar transference shown up in your life: \_\_\_\_\_

## Courageous Conversation

Name \_\_\_\_\_.

Day/time and location \_\_\_\_\_

\_\_\_\_\_.

I experienced (imagined or interpreted) you as \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_.

And that brought up in me the reactions (patterns) of \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_.

Which was like what I experienced in my childhood with my \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_.

I understand that my reaction is about me, and I take responsibility for that.

☐ I am free of my reactivity to you, and I am complete. Thank you for listening.

☐ I am still working through this and need more time. Thank you for listening.