

The first requirement for freedom is to take full responsibility for your suffering! No one outside yourself is “causing” your suffering! If you are in blame, reaction, anger, sadness, control, denial, separation, judgment, YOU are the cause of your suffering. Someone else is just playing a part in your movie that activates your reaction, they are not responsible for it. You are! Any given situation could be responded to in ten different ways by ten different people. You ARE always at choice as to the response or reaction you choose. You are not the victim of your emotions or life circumstances. When you stop pointing the finger outward in righteous indignation, and own your position in the reactive behavior, you are half way to the healing of the reaction. Notice the cause and effect relationship between your addictions and your apparent or seeming unhappiness, suffering etc. Your addictions were a means of coping with your suffering as a child, when you didn’t have the means to make better choices. This is an opportunity to reverse those decisions by making better ones.

It is a little known fact that when the body *is in reaction* there are rampant chemicals running in the body that actually make change at the level of neuropeptides at the cellular level more possible. *During* the reaction is a powerful time to reprogram the belief that is subconsciously shaping the reactive behavior.

When you are IN the reactive behavior pattern, ask yourself these questions until you hit the one that gives you an “ah ha” response. Keep answers simple and child-like, which is the level at which the behavior pattern went into operation. Keep this list handy for bringing awareness where you usually shut it out and go on to automatic pilot.

1. What am I feeling at this moment?
2. What am I telling myself? (What internal dialogue am I hearing. What message is playing on my tape loop?)
3. What would I like to be hearing instead of that message?
4. What do I want?
5. What past events programmed this addictive, reactive behavior? or How is my past coloring my present?
6. What am I getting out of staying stuck?
7. What am I rejecting in the here and now? In myself?
8. What threat does this situation symbolically represent?
9. What is my worst fantasy of what could happen here?
10. How is the issue of control involved in this? (relational)
11. What is not being said that needs to be said? (relational)
12. What agreements have I broken? (relational)

Essence Witness Techniques for Working with Reactive Behaviors

1. Acknowledge the emotional reaction without judgment
2. Re-parent, nurture the inner child that had the reaction, with statements like “I am totally here for you. I love you. I will never leave you.”
3. Forgive everyone who was involved with the wounding. No content is necessary, known or unknown causes.
4. Transmute the wounding with this statement: “I open myself to the total transmutation of the cause, the effect, the record and the memory of this place in myself that I had not, until this moment, loved into wholeness.
5. Offer gratitude to your soul or Witness for bringing this shadow reaction to awareness and wholeness.