

HEALING CHILDHOOD WOUNDS

5 soul wounds and the ego masks:

**Rejection, Injustice, Humiliation,
Abandonment, and Betrayal**



There are plenty of reasons why a person would not want to be themselves fully. According to the Physician and Psychiatrist Dr. John Pierrakos, the founder of bioenergetic analysis; there are main experiences that create barriers to being our true selves.

These barriers are five wounds, were popularized by the famous French author, Lise Bourbeau, the founder of Listen to Your Body, an international school dedicated to personal growth and well-being.. Those wounds are abandonment, rejection, injustice, humiliation, and betrayal.

5 CORE WOUNDS WORKBOOK

| | YES | NO |
|--|--------------------------|--------------------------|
| Do you feel like a victim regularly? (A) | <input type="checkbox"/> | <input type="checkbox"/> |
| As a child, did you ever feel that you were not wanted? (R) | <input type="checkbox"/> | <input type="checkbox"/> |
| Do you lack self-confidence? (A, R, H, I) | <input type="checkbox"/> | <input type="checkbox"/> |
| Do you regularly seek solitude? (R) | <input type="checkbox"/> | <input type="checkbox"/> |
| Do you do the tasks slowly? (H) | <input type="checkbox"/> | <input type="checkbox"/> |
| Do you find it difficult to ask for help? (I) | <input type="checkbox"/> | <input type="checkbox"/> |
| Do you think you're stable and very responsible? (B) | <input type="checkbox"/> | <input type="checkbox"/> |
| Do you want to be important in life? (B) | <input type="checkbox"/> | <input type="checkbox"/> |
| Do you regularly doubt your choices? (I) | <input type="checkbox"/> | <input type="checkbox"/> |
| Do you stress or get nervous before you speak? (R, I) | <input type="checkbox"/> | <input type="checkbox"/> |
| Do you feel anxious before you go on a trip, facing a change in your life? (A) | <input type="checkbox"/> | <input type="checkbox"/> |

| | YES | NO |
|--|--------------------------|--------------------------|
| Do you use drugs or alcohol all the time? (R, A, H) | <input type="checkbox"/> | <input type="checkbox"/> |
| Do you like acting? (B) | <input type="checkbox"/> | <input type="checkbox"/> |
| Do you always need a presence around you? (A) | <input type="checkbox"/> | <input type="checkbox"/> |
| Do you feel the need to help others all the time? (A, H, B) | <input type="checkbox"/> | <input type="checkbox"/> |
| Are you regularly convinced you are right? Do you try to convince others? (B) | <input type="checkbox"/> | <input type="checkbox"/> |
| Are you demanding on yourself? (B, I) | <input type="checkbox"/> | <input type="checkbox"/> |
| Do you like everything to be in order around you? (B, I) | <input type="checkbox"/> | <input type="checkbox"/> |
| Do you generally distrust others? (R, B, I) | <input type="checkbox"/> | <input type="checkbox"/> |
| Do you often blame yourself; do you regularly feel guilty? (R, A, H, I) | <input type="checkbox"/> | <input type="checkbox"/> |
| Do you regularly have breathing problems? (R, A, H) | <input type="checkbox"/> | <input type="checkbox"/> |
| Do you often have low blood sugar? Do you have diabetes? (R, A, H) | <input type="checkbox"/> | <input type="checkbox"/> |
| Do you often have body tensions? (B, I) | <input type="checkbox"/> | <input type="checkbox"/> |
| Do you take care of other people's problems before you take care of your own? Do you take care of others more easily than yourself? (H) | <input type="checkbox"/> | <input type="checkbox"/> |

| | YES | NO |
|--|--------------------------|--------------------------|
| Are you hypersensitive to being dirty (take a few showers a day, hate having hands dirty, etc.)? (H) | <input type="checkbox"/> | <input type="checkbox"/> |
| Do you easily give up a project, a goal along the way? (R, A) | <input type="checkbox"/> | <input type="checkbox"/> |
| Are you impatient, refusing the slowness of others? (B, I) | <input type="checkbox"/> | <input type="checkbox"/> |
| Are you bulimic? Or do you struggle with an eating disorder? (H) | <input type="checkbox"/> | <input type="checkbox"/> |

SCORING

CALCULATE ALL THE YES FOR EACH LETTER

| | |
|-------------------|-----|
| (R) = REJECTION | /10 |
| (I) = INJUSTICE | /10 |
| (H) = HUMILIATION | /10 |
| (A) = ABANDONMENT | /10 |
| (B) = BETRAYAL | /10 |



UNDERSTANDING YOUR SCORING

Now that you can see which wound has the most yes out of 10.

Let's explore each one of those obstacles in your life and help you understand those deep wounds. Even if you didn't score high on some wounds, read the content because you might still relate to some of the information provided below.

R= REJECTION



Rejection is a profound wound because the one who suffers from it feels rejected in his being and especially in his **right to exist**; therefore, it is practically **impossible to be yourself**. These children **didn't feel being accepted**.

It is not unusual for people who feel rejected to have an **avoidant behavior**, meaning they become people-pleasers and conflict avoidants.

They want to go unnoticed for fear of being rejected.

They seek solitude because they would be afraid of not knowing what to do if they receive a lot of attention.

They can ghost you during a conflict or even run away and disappear for days.

They don't know what to do with themselves when they get too much attention.

They can even have thoughts like: "If she/he loves me there must be something wrong with that person."

It is not unusual for them to live in ambivalence (disorganized attachment type: they fear what they want the most so they suddenly go from hot to cold and vice-versa); when they are accepted, they won't believe it and often create a **self-sabotaging** situation so that others reject them. In relationships with others, they are constantly finding ways to **seek love from the parent of the same sex and will reject themselves from a person of the other sex**, often feeling guilty when they face rejection.

Their biggest fear is panic and anxiety because they often arise when they are rejected.

It activates from the **moment of conception until the first year of life** in relation to a child who felt rejected (not fully accepted) **by a parent of the same sex.** As a result, he/she doesn't believe in his right to exist.

The ego's reaction: **putting on a withdrawn/escape/ isolate mask,** manifested through:

- Dissatisfaction with who you are.
- Assessing yourself as a meaningless person.
- Lack of self-respect.
- Considering yourself a family freak.
- Defending yourself by refusal.
- Anxiety.
- Not paying attention to material matters, in favor of the world of intellect.
- Escaping into alcohol, drugs, sudden trips, virtual games.
- Rich imagination.
- Taciturn, withdrawal, isolation leading to loneliness.
- Anchoring in the material world through a sense of being busy.
- Perfectionism.

Anxiety: panic.

A= ABANDONMENT



The wound experienced in the case of **abandonment is the second deepest after rejection** because **they both affect the being** at a profound level. These children felt a **deep loneliness**.

Most people with the abandonment wound lack tonus. Their body is usually long and slender, with a back that becomes rounded and sagging. As if the spine and muscles could not keep the body upright. Their body seems to need help to hold on.

Those who suffer from abandonment do not feel emotionally nourished enough. They need constant help and support because they think that they cannot do anything on their own.

They often have ups and downs: for a while, they are happy, and everything is fine, and suddenly, they feel unhappy and sad.

They **tend to dramatize a lot:** the smallest little incident takes on gigantic proportions. In a group, **they like to talk about themselves and often bring everything back to them.**

Besides, they usually **seek the opinion or approval of others before making decisions.**

They can't make up their mind, or they doubt their choice when they don't feel supported by someone else. .

And when they do something for someone, they do it with the expectation of a return of affection.

Their problems give them the gift of attention, preventing them from being abandoned. The more a person acts like a victim, the more his or her abandonment wound increases.

Their greatest fear is loneliness since it is directly connected to that feeling of being abandoned.

These people are likely to become the anxious-preoccupied attachment type, focusing on the partner and relationship. We also call them **co-dependents, or people-pleasers.**

It activates between the **first and third years of life in a relationship with a parent of the opposite sex** due to the lack of parental support on the emotional plane. Lack of attentive attention.

The ego's reaction: **putting on a dependent mask**, which manifests itself through:

- Problems with independent functioning and fear of loneliness.
- Suffering from sadness without knowing its cause.
- Crying alone, sometimes for long hours.
- Developing the victim's attitude – believing in bad luck, causing dramas, diseases, in order to arouse pity for others.
- Merging with others by entering into their emotions and suffering to attract attention.
- Celebrity behavior, constantly talking about herself/himself
- Problems with making decisions and acting independently, picking on others.
- Not listening to the advice of others.
- Changeable moods.
- Problems ending relationships.

Anxiety: loneliness.

H = HUMILIATION



This wound is **mainly related to the physical aspect of having and doing.**

These children experienced **frustration in relation to pleasure.** The impossibility to fully enjoy.

Most individuals with the humiliation wound have a larger and round body, round face, with a broad and rounded neck. They are often ashamed of themselves and others or afraid to shame others. **They think they are dirty or unclean.** They don't want to recognize and assume their sensuality and love of the pleasures associated with the senses. That is why they often compensate and reward themselves with food.

And they gain weight quickly to give themselves a reason not to enjoy their senses.

They are also afraid of being “punished” if they enjoy life too much. So, they ignore their freedom by putting the needs of others before their own, so that they stop enjoying life.

Most individuals with the humiliation wound want to do everything for others.

In reality, they want to create constraints and obligations for themselves to stop enjoying their freedom and life.

This lack of enjoyment reinforces the feeling of being abused and humiliated.

And in the same way, they tend to demean and humiliate others by making them feel that they cannot do it alone without them.

They are often inclined to blame themselves for everything and even take the blame for others. Their biggest fear is their freedom; they are afraid to lose the ability to be themselves when humiliated by others.

It activates **between the first and third year** of life in a relationship with a **parent who** was exulting in all kinds of physical and sensual pleasure, causing **shame in a child.**

The ego's reaction: **putting on a masochist mask** – manifested by:

- The impression of being constantly observed and embedded.
- Doing everything to be worthy
- Serving everyone you love.
- Restraint in words.
- The tendency to justify others.
- Reluctance to admit to your sensuality.
- Suppressing your sensual drive.
- Fear of punishment for the excessive joy of life.
- Putting the needs of others above your own.
- Feeling often sloppy, dirty, or unworthy.
- Compensates for different needs with food; it's easy to get fat.
- A talent for making people laugh, but often by mocking or humiliating himself.

Anxiety: freedom, and when they enjoy something

B = BETRAYAL



The wound of betrayal is intimately **related to the wound of abandonment**. The child felt disappointed in the parent because he/she didn't live up to the expectations.

Their body often exhibits strength and power. In men: shoulders wider than the lower body. In women: lower body larger than the shoulders (pear-shaped body). The higher the asymmetry between the upper and lower body, the greater the betrayal wound.

Very **uncompromising**, they want to show others what they are capable of; therefore, they often interrupt and respond before a person is finished.

When things don't go fast enough to their liking, they become angry.

They consider themselves hard-working and responsible: they struggle with laziness. They hate not being trusted and do not always keep their commitments and promises or force themselves to keep them. They tend to be **impatient and intolerant.** They have difficulty showing **their vulnerability.**

They have great **difficulty accepting the cowardice of others.** They also have **trouble delegating tasks** while trusting others.

Among the five wounds, the betrayal wounded is the one who has the most expectations towards others because he **likes to foresee and control everything.** Unlike abandonment wounded who has expectations of others because they want to be loved and supported in their abandonment injury, the expectations of the betrayal wounded are **to check that others do what they need to do well to verify if they can trust them.** They firmly state what they believe and **expect others to agree with their beliefs.**

Their **biggest fears** are disengagement, separation, dissociation, and denial, which are often experienced in a situation of betrayal.

It occurs between the **second and fourth years** of life in a relationship with **a parent of the opposite sex** due to the parent's attention not being adequate to the child's expectations. And also, a loss of trust in a parent due to unfulfilled promises, lies, or signs of weakness.

Ego reaction: putting on a **controlling mask** by:

- Imposing your will and point of view on others.
- No contact with your own sensitivity.
- Demonstrating your own strength.
- A constant need to improve.
- Striving for honors, titles, the need to be special and important.
- Attaching importance to reputation.
- Lack of tolerance for the lies of others but lying alone.
- High expectations of others.
- Applying rigor, manipulation, and control.
- Strong need for all planning and a lack of flexibility in relation to unforeseen situations.
- Lack of trust in the opposite sex.
- Problems with discovering and confiding to others.



- Too quick conclusions.
- Quick reasoning and action.
- A tendency to offend, suddenly ending relationships, and cutting off contact.
- Lack of tolerance and impatience.

Anxiety: dissociation, separation, and denial.

I = INJUSTICE



The wound related to injustice **is intimately linked to the wound of rejection.**

While rejection touches deeply the “being,” the wound of injustice **touches on having and doing.**

The child felt that the development of their individuality has been totally curtailed. They have experienced **coldness** and insensibility on the part **of their caregiver.**

People who have that wound often have a body **rigid and as perfect as possible.**

They have a well-proportioned body; Rigid movements; Stiff neck, and are **very proud.**

They are usually lively people with dynamic movements but are rigid and lack flexibility.

Often a perfectionist and envious.

These persons tend **to cut themselves off from their feelings** and often cross their arms. They **try to be perfect** and **justify themselves a lot**.

They **find it difficult to admit that they have problems**. As a result, they **often doubt their choices**.

They **like order** and tend to control themselves by demanding a lot from each other. They can be **angry and cold** and has difficulty showing affection.

It is often **difficult for them to** accept compliments, help, or gifts from others because they feel in debt toward the person after.

Their biggest fear is when others are cold toward them because that awakens the unfairness but is also a reflection of their shadow.

It occurs **between the age of four and six** in relation to **same-sex parents** in children who have experienced parental dryness.

The ego's reaction: putting on a harsh/ rigid mask manifested by:

- Showing your vitality despite being tired.
- Difficulties in admitting to experiencing problems.
- Constant optimism.
- Controlling yourself to always be perfect.
- Fear of losing control.
- Unaware of your own injustice towards others.
- Problems showing feelings.
- Problems creating a satisfying intimate relationship.
- Very high demands on your body such as not acknowledging your illness.
- Great acceptance of pain and cold.
- Blocking their sensitivity
- A tendency to criticize others and yourself.
- Putting skills above feelings.

Anxiety: chill.

How can you heal your wounds?



Step 1: Identity: You must become **aware** of the wound and accept it.: Observe your wound instead of letting the ego mask dominate. Pay attention to your own ego/ self-protecting patterns. Feel your own pain.

Step 2: Accept that the fear and pain originating from your childhood wound affects your perception of reality and reactions in a given situation. We do not accept in others what we do not want to see/accept in ourselves.

That's why we always try to change the people around us. Meanwhile, nobody in your life is to meet your expectations, they come from a lack of self-love.

Step 3: Transform: Learn to separate yourself from others, to be less dependant on their reaction. A healthy individual looks for equality. If you are too selfish or too unselfish, both of these are unhealthy, and the opposite will be in your shadow, it will manifest subconsciously.

How to heal each wound:

- **rejection:** feel good in your skin, even though someone forgets about your existence.
- **abandonment:** feel good even though you are alone, and do not seek someone's attention.
- **humiliation:** ask without feeling disturbed, check your needs before you commit yourself to others.
- **betrayal:** feel proud of your achievements, although no one else appreciates it. Don't get attached to results and don't want to be in the spotlight.
- **injustice:** allow yourself to be less perfect, indulge insensitivity, anger without guilt, and fear of judgment.