

## WHAT'S IN A NAME?

By Sally Chamberlaine and Jan Prince

Codependence has been called an overspecialization in second position. Certainly, the codependent spent a great deal of time focusing on others and anticipating their needs, desires, and wishes, but is he, in fair in second position?

Considering that second position is described as seeing the world through the eyes, (feeling feelings, hear, sounds, etc.) of another person, "Pure" second position should seem to require the absence of the "seer own perceptions and/or motivations.

For example, if I, as a codependent, assume second position with a friend because I want something in return, (i.e. love attention) my own needs are a major component of that experience. If on the other hand, I assume second position will say, an accident victim on the 6 o'clock news, my own motivations are probably irrelevant. I may find myself identify with the anonymous victim, but my behavior is not designed to control the person or the situation. Still a third aspect, second position arises when the codependent person becomes embarrassed "for" someone to whom he is closely related Seeing the friend or relative commit a faux pas elicits in the codependent all the anguish inherent in having committed a blunder.

Is the term "second position" equally description of all three scenarios? Please write and share your impressions with us. What is your experience? How would you describe the perspective of the codependent?

### Magical Parents

Sometimes a client has had so much physical or verbal abuse in their childhood that using the reimplanting method ("Phantom Anchor" Anchor Point, October 1987) to empower the parents and restructure the memories is not comforting to them. In cases such as these, "Magical Parents" process is effective. (Editor's Note: While the following process expresses a female client the processes is effective with either gender.)

STEP ONE: Ask the client to list on the left half of a sheet of paper the things she needed as a child from her mother never received. Next, list on the right side across from those needs, the qualities a woman or mother must possess in or to fulfill them.

NEEDED FROM MOTHER

Protection from Fathers Anger  
Consistent Emotional Behavior  
Hugs/Holding  
Playing Together, Joy

QUALITIES NEEDED TO FULFILL

Strength, Self-esteem  
Self-Confidence, Health  
Warmth, Compassion  
Happiness, Playful Personality

STEP TWO: Ask Client to think of people she knows or she as read about who have those qualities. If one woman personifies all of those qualities, then that person can be used. If no one person has all of the qualities, build a composite person. Give the composite "magical mother" a name.

STEP THREE: Have the client do Steps One and Two again, addressing qualities needed in a father.

NEEDED FROM FATHER

Gentleness  
Take Me Places With Him  
To Be Held  
Support  
Nice Toward Mother  
Tell Me I was pretty

QUALITIES NEEDED TO FULFILL

Compassion, Strength  
Playful, Outgoing Personality  
Warmth  
Strong Self-Esteem  
Self-Worth  
Awareness of Impact on Child

STEP FOUR: Discuss with the client how these two people (Magical Mother and Father) would feel about and relate to one another and how that would have impacted her if these people had been her parents.

STEP FIVE: Using a hypnotic or relaxed state, take these new parents back to the client's birth. Have them thank the old parents for their help and let them know that from now on the "Magical Parents" will be the child's caretakers.

STEP SIX: Take the new parents to several negative incidents in the client's childhood memories and replay them adding the qualities of the new parents. Have the client note how differently these incidences unfold.

STEP SEVEN: Ask the subconscious to spirit the new parents to all those times when the child needed them. Ask that the client to feel the support and love of these people with them at all times.

## Case History: Mary's Story

Mary is a woman whose performance anxiety was keeping her from progressing in her dance class. On a scale of 1 (safe) to 10 (terrified), she calibrated her fear level at a 9. I conducted the Sanctuary/Child guided fantasy (see Anchor Point, September 1989 issue), the phobia cure, and a reframe. These techniques lowered the fear level to a 2.

Several months later, she came in to see me. Since her phobia was no longer a factor in her dancing, she had the opportunity to become aware of a core belief that "I am being a fake." We discovered that her mother and father had used shame, criticism, and embarrassment to keep her in line, and that her self image was one of a cowering small child. It was hard for her to imagine her real parents with the qualities she desired, so I helped her to list the needs she had as a child and the qualities the parents would need in order to fulfill them.

She developed a composite for both parents. The Magical Mother was full of joy, creativity, grace, and compassion. She named her Dancing Spring. Dancing Spring was the motivator for Mary, an example of how to approach life. The Magical Father was a calm, gentle and intelligent man who comforted her, told her stories, and was an example of compassion. She named him Gentle Soaring Bear Hawk. In a hypnotic session, we took the parents to the child in the sanctuary and left them there to be with her in her growing up.

She reports that even now, months later, that when she is on the side of the stage, preparing to go on, she feels, sees, and hears Dancing Spring and Gentle Soaring Bear Hawk beside her, whispering words of love and encouragement.

This process can also help the client build a healthy relationship model. It has been theorized that we internalize one parent and marry the other. If this is true, building an internal image of healthy parents will aid in choosing healthier mates.

### Suggested Viewing

FAMILY BAGGAGE - A Comedic Drama for Adult Children... A new look at codependence is available on video tape cleverly, dramatically and artistically offered by Errol Strider and Lou Montgomery. Distinctly adult fare, these two tapes depict nearly every imaginable result of growing up in a dysfunctional family and span emotions from sadness to hilarity. Possible impetus for discussion in therapy groups or individual therapy, we feel Family Baggage - A Comedic Drama for Adult Children of Dysfunctional Families to be insightful, poignant and sometimes painful. Most of the sixteen scenarios are entertaining and though some seem to us to be too long, the tape is worth the visit. Available for \$129.00 plus \$6.00 handling, MCF Corporation, 7660 Valmont Road, Boulder, CO 80301 (303) 444-3850.

## About the Authors

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