

We Believe Every Negative Word

By Cheri DeMoss

If kids are so obvious in their behaviors how come parents don't notice a cause & effect connection?

It's because the parents are acting out their own pain, patterns & parental recreations. They are not thinking, feeling or understanding the child. *They are reacting to the child - not seeing the child.* Parents spend the majority of their time with their kids reacting to them instead of esteeming them.

When people, especially parents, react they're feeling about themselves - not feeling for the child. The majority of parents interpret the child - not understand the child.

It's very sad to be a child - even in the best of homes - because a child is most often alone in their perceptions, experiences, and are developmentally incapable of preventing themselves from being convinced of their own badness. There is no objective 3rd person sitting on their little shoulder - whispering in their ear, "Hey, it's not you...you're not bad...you're 5 or 6 or 10....you're doing normal age appropriate things, not bad things."



From the age of 2, over 83% of a child's day, everyday, is filled with negative comments about what they say, think, feel or do. This makes the child believe they are bad and wrong. This is why children grow up and believe this is who they are.

Life Innovation Self-Esteem Classes

As infants & toddlers we felt good about ourselves. We didn't worry if people liked us. In fact, we had every confidence that we were completely lovable and likeable. We didn't try to hide what we felt or who we were from others.

We easily shared our feelings, thoughts & accomplishments. As we grew up we were given the message that what we felt, did or thought was not okay.

Our self-esteem affect all

aspects of our lives and our relationships. By learning how our childhood self-esteem turned into adulthood self-doubt we can easily reverse the process.

You'll learn to:

- Turn obstacles into options
- Expand your self-esteem
- Enhance your relationships
- Recognize your strengths
- Change fear patterns
- Feel consistently confident
- Experience the innovation

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There is no one truly on a child's side because it's the right, healthy & loving thing to do. *Most adults make children feel likable only as long as the child DOES NOT TRIGGER feelings of emotional discomfort in the adult.*

When parents, react they're feeling about themselves - not feeling for the child.

That same child grows up trying to make friends, feel connected, and feel good enough. But the foundation isn't there.

So the adult compensates for feeling the isolation, loneliness & belief in their own badness by judging others, keeping them dependant & emotionally powerless. They often feel afraid or irritable. They live the life of the unaware & unaccountable - which is why they are unable to actually change how they behave. Awareness & understanding of the child and accountability for ourselves is the cornerstone of reducing parental stress and increasing a child's self-esteem.

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We Believe Every Negative Word

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These adults grow up to believe & act like they are mostly wrong or they grow up believing & acting like they are mostly right. In either case they have little true self acceptance which causes them to act & be-

It's impossible for a child not to believe every negative message.

lieve as if anyone who is different than them - especially their children - are unacceptable.

It's very sad to be a child because we are alone and we are young. So young that we believe every negative message, expression, disapproval and judgment.

We are too young to be able to say to our parents or any adult for that matter, "Hey, I'm developmentally incapable of preventing myself from being convinced of my own badness. So please think before you punish. Think before you react & remember how you felt when you were my size. Look into my eyes and let how small I am touch your heart. Please handle me with care - as if my life depended on it. Because my emotional life does."

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Our Family's Beliefs

By Cheri DeMoss

Our lives reflect exactly what we believe. You can tell what you or someone else believes by how they behave. Human beings behave the way we believe. Although most of us make it to adulthood thinking that our core beliefs are things we chose — they are not.

The beliefs we view the world through - the ones that run in the background of our day and determine how we react or respond - are not original thoughts, but things we were taught in our young years.

Our life is exactly how our belief system pictures it and is based on the beliefs our families gave us. If we were raised with a mother who acted as if



she lived under a black cloud. We will grow up and feel, expect and deeply believe in the same black cloud.

Our self esteem cannot be higher than what our beliefs dictates. Change the beliefs — you raise your self esteem

When our belief system and logical are in conflict our belief system invariably wins. One of the most abusive things about our childhoods is being convinced that we are bad or wrong.

Words are incredibly powerful both on the inside and the outside of us. We react to and act

on the beliefs we were taught.

We can be taught that we're bad/wrong or life is one black cloud after another. Or we can change our beliefs and change our lives.

The way to change our belief system is by becoming aware - without shame - of what we do and see it as a road sign that will help



us create change. Learning to change our beliefs will change the experience from negative to positive—from joy less to joy full.

Abusers Believe

An abuser is someone who does things that makes someone, especially a child, feel bad about who they are, what they do, say, think or feel. Abusers tend to do these things to those less powerful than themselves, especially children. There are many different beliefs an abusive person has. Here are some of the things abuser believe is okay to do.

- **To physically strike, push, spank, punch or hurt a child**
- **Being sexually inappropriate with a child**
- **Yelling or screaming at a child**
- **Make the child make them emotionally comfortable instead of doing it for themselves.**
- **Demeaning, guilt-ing or shaming**
- **Blaming a child**
- **Doing anything that makes the child feel & believe that they are bad and wrong.**
- **Demeaning or humiliating those they love.**

The Abuser's Belief System

By Cheri DeMoss

It is important to remember that abuse is always about self esteem but looks like it is about power. It's about the abuser being right, at all costs. They cannot handle intimates saying no to them or standing up to them in any way.

The belief system of an Abuser feeds their abusive behaviors.

Abusers become involved with or marry an Accessory to Abuse. This person knows the abuse is occurring & does nothing to stop it & may even try to get the victim to understand the abuser.

Most of the time abusive behaviors are learned from the abuser's family; a role they saw the parents do. They were abused, which is how they learned the belief system that has them do knee-jerk abusive behaviors. The belief system of an abuser feeds their abusive behaviors.

They know on a conscious & unconscious level that their abusive behaviors scares those around them. It's this sense of power that feeds their intense need for esteem. Since no one stands up to them they "believe" it is "okay" to do.

They believe this is how they act with those around them & especially those who love them. They believe in empathy for themselves & not for those they

abuse. To the abuser it's about them & how they feel. They believe they are not seen for their true value, are misunderstood, are suffering, and are under more stress than the average person.

Abusers believe that once they make someone feel bad & that person shows it – the abuser will feel unfairly treated & try to force the abused (especially a child) to act

happy. (IE father de-means child – child shuts down – father cajoles or placates child into smiling) They can't stand the impact of their behaviors.

They believe that what they do is not as bad as their own parents.

Abusers believe family members must keep the secret of the impact of what they actually do.

Abusers have a basic

belief that they are bad and that they have little or no value.

They have a deep, desperate need to be right and powerful to esteem themselves.

Abusers believe situations get out of control because of something the abused has done. They believe those around them should understand unreasonable behavior.

About Empowering Options - Life Innovations

Empowering Options Counseling & Life Innovations is remarkably effective because our philosophy is to be on the side of the client. We concentrate on helping you learn, explore & create your options; your life adventure. The adventure is in the perspective – the beliefs that you view yourself & the world through.

Empowering Options uses a unique combination of information, observation & awareness to help you view yourself & your life differently. That's what our individual, couple's & group sessions, workshops & trainings are all about – being on the side of the client & giving you more accurate observation, insights & effective, innovative options. There is no assumption that what you are doing or feeling is wrong. We don't presume that you need to be fixed. Our goal is for you to feel empowered, esteemed & effective in your own life.

We strive to keep you interested & interactive; energized & supported. The goal is that you leave each session with a new, more powerful way of looking at things. We focus on a collaboration of our expertise combined with your concerns, feelings, behaviors & thoughts. We fit people's lives by providing life innovations that make it possible for you to create the changes you want at the pace you're most comfortable with.

Empowering Options brings an original, distinctively refreshing approach to the counseling experience. The focus is always on empowering the client & teaching clients how to empower themselves. Using a unique combination of insight, perspective, & objective observation clients are given the information, tools & self-belief to permanently change their lives.

We provide unique feedback, concrete options, clarity & increased self esteem. Sessions are filled with interactive conversations not empty stares, silence or rhetorical questions. You don't have to assume we understand your feelings or concerns because we consistently demonstrate our understanding. If you ask a question you can expect a direct & straightforward answer. We don't believe you should spend your valuable time & money with a therapist that responds "What do YOU think?" or "How does that make YOU feel?" when you ask for their input. We teach you how to create options that will empower you throughout your life. Our innovative style, along with a fun & thought-provoking manner is distinctively client positive & client empowering. We present new ways to look at old beliefs & behaviors that will enhance your life & give you extremely effective tools to help you with the changes you want to make.

We help you create life innovations, insights, esteem & options. You can get more information about our approach, services & download our newsletters at www.EmpoweringOptions.com.

Abuser's Have a Missing Part

By Cheri DeMoss

Abusive people, especially those that are verbally, emotionally, physically or sexually abusive to children have a missing part of their personality - *a lack of empathy*. This lack empathy feeds their



abusive belief system: the child wanted sex; the child needed to be hit; the child is bad & wrong, etc. Abusive people actually believe that those around them did something to warrant being yelled at, demeaned, humiliated, & made to feel physically or emotionally powerless. Abusive people blame those they abused for their abusive behavior.

The beliefs of their parents, which become their own beliefs, allow them to justify, otherwise unjustifiable behaviors of those around them. They judge people who are different than them. They judge things that are different than how they think they should be.

They are carbon copies of the abusers who raised them. Abusers, like those that raised

them, will strike out when they feel threatened & *they are very easily threatened*.

Abusers tend to avoid people that they perceived as better than them for fear of being judged. Having been abused themselves, they have very low self esteem & show this by their continued comparing of themselves to others. Their conclusion is always that they are better or their way or ideas are better

Abusers have few, if any, close friends. They cling to their family (wife, kids, etc) by being overly controlling. Abusive people blame family members for the chaos the abuser creates. They talk like an overstressed victim. They behave as if they are "the only one" who is capable of handling the chaos in the correct way - as determined by them.

They constantly say or imply that they are the only right person; their way is the only right way; their perceptions are the only correct perceptions and their thoughts, ideas & solutions are the only right ones. In essence, the message is the only way to be right is to be exactly like the abuser. This is impossible, which keeps them in the emotional position of

power.

Abusive people install behavior patterns in their family where the spouse & especially the children meet the abusers emotional needs, not the other way around. Abusers give double messages to the family members that they are good & then suddenly they are bad. Abuser do not ever acknowledge their inability to meet their own emotional needs. They seldom feel joy in watching their children unless they see themselves reflected in the children's actions.

Abusive people blame those they abused for their abusive behavior.

When children have their own emotional needs this is intolerable to the abuser & they'll find fault with the child. *They feel less comfortable with their children as the children get older because the children slowly pull away from the abuser, emotionally at first & then physically.*

Other adults tolerate being around the abusive person for short amounts of time or avoid them all together. Abusers often spend time with other abusive personalities; those they feel better than; their young children (because young children fill their need to be looked up to & admired) or

other adults who will "take it".

The abuser creates a world that almost completely revolves around themselves, their feelings & their reactions. This leaves little room for the feelings, needs or thoughts of others. The abuser feels isolated, lonely & unlikable which causes them to continue to be abusive.

Abusers don't see how they create their isolation. They don't understand that deep connections are made up of mutual empathy, concern & caring between people.

Abusers, like any with personality disorders, may appear to have empathy & caring for others. This pseudo empathy is seen only if the other person is going through something the abuser has previously experienced - the actual empathy they feel is for themselves. The subtlety of this behavior it's often mistaken for compassion, understanding or caring. In reality they are only caring, feeling and thinking about themselves

Paradoxically, their inability to genuinely feel compassion, understanding or empathy for another is the very thing *they demand from those around them*.

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