

## NEGOTIATING THE INNER PEACE TREATY – Chelsea Wakefield

The greatest loneliness a person can experience is to be separated from themselves.

Main Players, Supporting Cast, Not So Supporting Cast, Inner Children, Retired Selves, Shadow Selves,

1) Name 2) Know 3) Negotiate 4) Integrate

Inner characters are generally created to help us; protect, warn, advise, comfort, solve problems  
Create inner conflicts, are revealed in bad moods that come out of "nowhere"  
Impulses, thoughts, moods reactions, behavior patterns, seen in free floating anxiety, some of their  
needs are easily met, we will feel in our bodies felt sense, when ignored, rejected, hurt/sad/angry may  
wait in the background for another day to assert themselves with renewed vigor  
Are dynamic energies seeking expression, what type are we missing or limited in?  
They may need a way to express themselves, fear disapproval, feel overlooked, tired of taking on all the  
responsibilities, we may take on scripts by others then have uncanny ways of finding situations to  
validate those scripts

Ignored characters cause much unrest, anxiety, inner conflicts

Explore their histories, scripts, needs, agendas, wants, concerns, Tell me about yourself...

Every distorted perception, dysfunctional life strategy or defensive personality adaption is driven by an  
unmet need.

Much of our struggle in life comes from being over-identified with roles, scripts and stories that are too  
small for the vastness of our souls. We get scrunched down into tight little compartments, where we  
have to disown aspects of ourselves that are crucial to our well-being and the achievement of our full  
potential.

Integrity means much more than "good behavior" or adhering to a set of moral principles. People who  
have integrity are living in alignment with their essential soul print, their deepest most sacred  
personhood. When they suffer the vagaries of life, their center holds. When we heal the wounds from  
childhood, we reclaim what was lost in shadow or we develop parts of us that were never encouraged to  
grow. We are building structural integrity. Then we will have the cast of characters that we need to  
meet the challenges of life, and to live purposefully and meaningfully.

### Two main archetypes of childhood:

Innocent – trusting and open, where we access wonder, joy, spontaneous creativity, openness, are  
uninhibited, delight sensually embodied, cared for by Inner Protectors and Wise Ones, relied on too  
heavily/not creating buffers usually ends up hurt

When a person grows up with no reference point for danger, they may wander more easily into the  
realm of Victim. If the wounding and loss of innocence is too traumatic or repeated too often, a person  
may banish this part of themselves permanently, and become cynical, bitter and controlling.

Orphaned: Unwanted at birth, wrong gender, neglected, abused, exploited, abandoned, betrayed, lost a  
parent, misunderstood, punished, ridiculed

Orphans harbor no illusions about safety in this life. They have already experienced the dark side.

On guard for hurt and exploitation. Gangs and cults are filled with orphans who have finally found a  
place to belong.

Suffer from a sense of self-alienation, tending to abandon themselves because they were abandoned by  
others.

Missing Characters – Think of someone in the world who carries a particular energy or quality that you  
lack, someone you might employ as a role model.

Within us are the seeds of all potential. We have only to cultivate them and grow them into fullness.

Following are necessary characters.

- Functional Selves – think, plan, problem solve, manage our lives

- Relational Selves – connect with others, navigate emotions
- Inner Nurturers – identify our needs, take care of ourselves
- Inner Protectors – assess danger, help us set limits and boundaries
- Power Selves – help assert ourselves, go after what we need and want
- Inner Children – creative, enjoy life, access joy and wonder
- Sensual Selves – enjoy our senses and take care of our body
- Spiritual Selves – connect us to deeper wisdom and transcendent meaning

**Shadow Selves** – Hidden away, disowned, may be frightening, and disturbing, contain impulses, instincts, longings, traumas, anything that makes us uncomfortable with ourselves, can hijack the system with sudden unexplained actions or overwhelming emotions, are revealed to us in our strong emotional responses to people and situations in life, strong attractions or repulsions, admiration or judgement, We all want to think well of ourselves and be thought of as acceptable. We shape ourselves according to the values of the groups we belong to, trimming off our rough edges, learning who in us is welcome and who is not. After we reject certain qualities in ourselves, we judge, criticize, and sometimes envy them in others.

We are particularly afraid of the two most primordial energies in life, creation and destruction, which manifest as sexuality and aggression.

The secret to being less judgmental is tied to the capacity to stand with awareness between opposing energies and experience both sides of the spectrum.

Any time we become over-identified with a role, value or way of being, we will judge what is on the opposite side. We avoid our opposites and at the same time are strangely drawn to them. Sometimes we even marry them. This is because there is something in the psyche that is always seeking the “center point” or balance.

We spend an enormous amount of life energy monitoring and controlling our shadow aspects. In spite of all of our efforts, these creatures of the deep claim us in our moments of weakness and hunger, when we are too tired or preoccupied to police them.

Who in you is picking untrustworthy or abusive people? Who in you is setting events in motion that undermine your success? Who is not seeing warning signs?

#### Six Ways of Knowing You Are in the Shadow Realm

1. You are mysteriously and strongly attracted to someone or something.
2. You have a strong negative reaction to someone or something.
3. You keep experiencing mysterious obstacles to happiness or success over and over again.
4. You feel compelled to do something that is very unlike you.
5. People keep giving you the same feedback about problems you create, but you feel misunderstood or wrongly judged.
6. You are over-identified with some wounding experience and you cannot move beyond it.

**Not So Supporting Characters** – Ex: Rule Keepers, Voices of Warning, Inner Critic, Pusher, Pleaser, Perfectionist, Super Human Strong One, operate under the guise of advisors and protectors, Do's compel us with “shoulds & musts” the Don'ts constrain us,

The cutting edge of our personal growth lies in surfacing and integrating shadow material  
Firing or retiring a character

Dialogue between players, Integrate through a centered awareness, Observing Self, mindfulness, neutral observation, All players must speak and be heard