



## Life Mastery Training Three How to Work with Clients in Defense

### Identifying the People Pleaser/Team Player

Presenting Complaint: Tension, depression, sluggishness, feeling that their energy is pent up and needs to explode but are unable to release. They are not deprived and feel that their mother loved them and cared deeply for them as they care deeply for all their family. You will feel comfortable with them and you can feel a warm heart but they can be holding it back in a brooding way when they feel taken advantage of. They can be resentful, spiteful and frustrated in their lives especially around creativity and self-expression and toward those who do not appreciate their efforts. They may have limited feelings and very little passion for all the things they do which are often many.

### Picking out the People Pleaser/TP

Eye Contact: They will look you in the eyes and see you even though they will not fully allow you to see them and want the relationship to be about you first.

Body Observations: Often heavy and stocky. Neck is thick and compacted with rounded shoulders. There is an overall muscle-bound quality where there is great strength that is not agile. Their face is often childlike and innocent and welcoming.

Energy Observations: They have large grounded legs with big calves not for sprinting but for heavy lifting and holding still. This blocks upward movement energetically so they feel trapped and not free at in their lives.

Personality in defense: Will be very polite and will be submissive in conversation and be the "good-boy or girl" trying to please but will subtly have a whining, spiteful blaming quality similar to the poor me but not own their anger at another and blame themselves instead. They are stubborn and resistant to change feeling that there is no use, and can be resigned to their life of servitude. They have a severe inner conflict around getting their needs met and asking for anything, since being independent as a child lead to being humiliated and forced to comply. They will appear not to know what they want at all and act stupid or feel they are stupid. This builds a huge amount of internal anger that cannot be expressed unless someone else abuses them, so they provoke those they give their power over to until they get pushback, then they erupt. Happiness and joy can be found but at a price of more suffering, they can love and calm an aggressor but personally need aggression to express their feelings and love. They have the opposite pulls always holding them still, good vs. bad, giving vs. taking, demand vs. resistance, need vs. spite, conformity vs. rebellion, material vs. spiritual.

Personality out of defense: Will be caring and loving, strong and hard working. Friendly and creative and communicative in all their relationships never letting anyone feel unheard. Loyal and warm and compassionate toward all people, animals and the planet. They ground through deep relationships and groups and tribes.

History: They often had smother mother who at 2 years old controlled how they ate and how they moved their bowels. They experienced humiliation and shame at the autonomy stage where they were consistently force fed, forced excretion, overly watched, made feel dirty for innate sexuality and other animal functions, all lead to shame around being who they really are and forced to comply to be who the parent wants them to be. Since they feel love and knew their mother was doing it out of love they link the heart with the 3rd chakra where love is compliance.

Greatest need: In defense they do not serve to meet the real needs of a situation, they do it to gain approval, love and appreciation for their sincerity and effort. They are wired to see others sincerity as well so you always feel seen by them and they will overlook a lot in those they try to please.



## Working with the People Pleaser/Team Player

The People Pleaser/ Team Players will often begin the therapeutic relationship by trying to be good and do whatever the therapist wants. This will quickly create their childhood dynamic with their mother and their resentment will build against the therapist. You must not ask them to do or change or produce anything that is not their idea. They will often demand in a very nice way that you are the expert and they have no idea how to handle their issues so you need to tell them. When this happens you spend the session discussing how many other people they give over their power to in their lives. Do not take the bait to save them, ever. Once you build trust they will need to move their deeply blocked energy held in anger and resentment.

The goal with the People Pleaser/Team Players is to teach them to release the energy held in the core of their body and be able to say "NO" in their life. Because they were force fed and forced to eliminate both their neck and pelvis are blocked, containing all their energy between the waist and shoulders trapped. Chakra one and two are the property of the tribe and their fifth chakra voice speaks the tribes needs and so it blocked. They will often be overweight and very square from the energy filling and not moving out of the core of the body. To release these blocks the healer will need to work with chakra 1,2 and 5. Work with their voice to speak their true feelings and needs, as well as to learn to filter the food that is good for them and that which is not. Then work with their pelvis and ground to feel their passion sensuality and deepest needs. The goal is to get them to feel free to move their energy from the earth to heaven and heaven to earth, their way, and know that they will be safe doing it.

Exercises: Have them stand their ground and stamp their feet to feel the ground and their anger and say "no." this begins a series of exercises that deal with the invasion that they felt and allow in their lives now by letting other walk all over them. Then punch out in front and say "no" then jump up and say "yes." Remind them that they must learn how to say no to some things if they are ever going to say yes to themselves. The jabbing the elbows back saying, "get off my back." Use a twisting motion to open the pelvis as well. Lastly drive the hips forward and grunt or say "fuck" and then drive them back with a grunt or say "shit."

Exercise: Using a pillow or punch pad walk toward the client and they push you away and say "no, get away from me" Then use the towel tug of war exercise where they say, "mine" and "I want this" and "I deserve to have this"

Exercise: Teach the client to meditate and use the "observer" to see his conflicts as separate from him and easily resolved without submission. Teach him that the observer is his inner adult that guides him and lets him make his own choices life situations. This takes the power away from the mother who is in the super ego that is currently holding that position of authority in their unconscious with the many shoulds and tribal rules. You can also connect the observer to higher wisdom and god which allows them to have a direct connection and be a higher power than the mother who crushed his will as a toddler, this replaces an unhealthy authority with a healthy one. The People Pleaser/Team Players responds well to authority, a relationship with god gives them autonomy.

Exercise: Do some lower-self work with the client. They must own their evil twin that hates people and never wants to do another nice thing again and wants to destroy relationships and not work at all to make them good. By owning this lower-self aspect they take back the power to call this energy forward whenever they need to set a boundary. Without it they cannot feel they are the creators of their lives.