



Life Mastery Training Three How to Work with Clients in Defense

Identifying the Poor Me/ Emotional Intelligence Specialist

Presenting Complaint: Generally complains. Is passive or has depression and feels victimized by life. They have a lack of energy for sustaining relationships and work. Often have very strong feelings about injustice and the abusers in the world. They love to talk and will often talk the entire session then will expect to go beyond the given healing session time. They energetically fill only for a short time, they cannot consciously hold their own energetic charge but instead feel that others fill them or take their energy.

Picking out the Poor Me / EIS

Eye Contact: They will have large eyes that pull you and long for your attention. Puppy-dog eyes, often seem close to tears and can seem needy.

Body Observations: Energy level is low, the body is generally thin and soft with muscles that are not formed or are depleted in some way. There is a concave chest that feels empty, the shoulders slump forward and there is a collapsed feeling where the body bends at the 3rd chakra. They can be overweight if they are orally fixated and fill their needs with food.

Energy Observations: They are not very grounded because they tend to be avoiding their many feelings by living in their heads where they talk out their feelings instead of letting the feelings build into positive action. They look and feel very feminine and or childlike. They will have an emptiness and clinging, sucking, dependent feeling.

Personality: Demands love and but blame life for being hard and not loving. They live in a double bind of "If I ask it is not love, if I don't ask I will not get." They will talk excessively about their feelings and problems once they get someone to listen, driving the listener to get bored and abandon them. They complain about being tired and will often be sickly or have chronic pain. They manipulate others to take care of them. They will present as helpless but resent being told what to do.

History: They often had a non-nurturing or rule keeper mother, thus they create co-dependent relations where their partner has to take care of them or they have to care for someone and are exhausted doing it. They feel that the world owes them and are bitter. Rarely do they make much money on their own, have a hard time focusing on mundane tasks that lead to payback or the building of energy and resources.

Exercise: Bio-energetic – Have them laying on their back on the table and kick or hit. Notice that they cannot sustain energy levels and tire easily or go out of their body or deep into fear feeling that it is a violent act.

Early Life Situation that reinforces the defense: There is often abandonment, or a perceived abandonment, and a lifetime of seeing others abandon them. They were often neglected or criticized for their feelings as children.

Where the Client is Grounded: They are grounded through their deep feelings and emotions and through deep connection and empathy for others.



Working with the Poor Me/Emotional Intelligence Specialist

The Poor Me/Emotional Intelligence Specialist will often set up a parent child "needy" relationship with the therapist where they will hook the therapist to save them. Since they are wired to speak emotionally they will appear to the healer to understand their role in transformation but will have a very difficult time changing. They will often expect more than is implied in the therapeutic relationship, time and energy wise. The therapist needs to establish a clear and fair healing contract and stick to it.

The healer needs to establish with a strong container that allows the client to see that feeling and their emotional dynamism is their power and that it will be safe to investigate this in the therapeutic relationship when it has not been before. This can be tricky to offer them space to feel and not enable their tendency to manipulate with their Poor Me.

The goal with the Poor Me is to teach them to hold an energetic charge. Since they discharge through talking, they will often be professional talk therapy clients as they exhaust one therapist after another and feel abandoned by each. To hold a charge they will need to do energy work, bio-energetics and actual work in the world to help them see that they can be in charge of their own energy and can stop blaming others for how they feel and their lives.

Exercises: Have them stand their ground and stamp their feet to feel the ground and their anger. They need to acknowledge that their belief that they never "got" what they needed in their life is their primary delusion. No one ever gets their needs met 100%, no one can make our decisions for us, get or keep a job for us, or love us at the level we need. Accepting this allow them to feel what is there and let go of "it's not enough". Do roll playing in their life and work situations so they can voice their feelings and hold their ground.

Exercise: Use the towel tug of war exercise with "give it to me" "you owe me" "you can't have it" yelled as they pull. The towel can also be used to be bitten and express bitterness and revenge or to twisted and hold their anger until their body heats up.

Exercise: Hitting and arm work of any kind, "get off my back," punching "get away," hitting and saying "fuck you" with a tennis racquet. Open the chest up over a rolled up mat on a bench while they are encouraged to express grief and "let go" their stuck emotions.

Exercise: Have them lay on the table and reach and call for their "mommy" who does not come. Then have them tantrum kick until exhausted and repeat until they work through their collapse pattern.

Taking action in their lives will often be an obvious solution to their problems but they would rather emotionally and mentally process their lives and stay stuck. The healer must give them homework to do something concrete that sets a real goal and let the client feel that they can impact their own life.