



Life Mastery Training Three How to Work with Clients in Defense

Identifying the Charismatic Leader/Enforcer Profile

Presenting Complaint: The Charismatic Leader/Enforcer will present with a wide array of issues from physical health, to depression, to battles with family members and business affiliates, to anger management, to feelings of betrayal in relationships, to feeling bad or broken, to looking to healing as an edge in their business, to seducing the therapist. All of which are based in a lack of trust. They often feel attacked or victimized by others, become hyper sensitive, and are in a battle with the world, or their life, or their body which creates the lack of trusting anyone, including the therapist. They rarely present the whole issue, and presenting complaints are often very dramatic on a grand scale.

Eye Contact: The Charismatic Leader/Enforcer has a direct piercing eye gaze that makes sure you are paying attention and are trustworthy. Or their eyes may shift or glare as they will often dodge deeper questioning about their situation that reveals more of their personal issues or vulnerability. Maintaining eye contact and staying grounded creates a non-threatening way lets the Charismatic Leader/ Enforcer begin to trust.

Body Observations: Because The Charismatic Leader/Enforcer generally has two body types. The strong heavy set bear like body that is very powerful and generally have a life focused on protection of others. Or they will have the more sexually attractive hourglass body with thin waist and broad shoulders and chest and generally charismatic, seductive, illusive, and more narcissistic in their life choices. The Charismatic Leader/ Enforcer can, and will see themselves in any or all of the defensive profiles and have elastic bodies that will tend to match the profile they are expressing over time. Soft and permeable as a poor me, thin and wiry for the Thinker, perfect and balanced as a Rule Keeper, square and solid as a People Pleaser.

Energy Observations: The Charismatic Leader/Enforcer has the most energy of the 5 profiles coming directly up from the lower self and out the upper chakras especially the 5th chakra. No matter what size body they have, they are always stronger than they appear and are capable of extreme physical and emotional swings. They hold most of their energy in their head, shoulders and neck, that tend to be broad and strong and tense as they are using their 3rd and 5th chakra will and their words to control and pressure others. When will cannot gain control they use the 2nd and 5th chakra to control others or the situation through emotional outbursts or seduction. This emotional control will be primarily out the back of the second chakra. They often have undercharged legs that can be cold.

Personality in defense: The Enforcer defense is most often triggered in early childhood by parental betrayal where the child felt had to be in charge of violent, immature and inconsistent parents. The child used triangulation as their primary control tool. Mommy's little boy who could get mommy to fight daddy or visa versa, breaks the power of the parents. None unified parenting that lets the child be a child is the betrayal. The child who came in to be a leader feels a deep responsibility to protect the family no matter how dysfunctional. They feel (at 2 years old) that it is up to them or the family will fall apart and they will die. The hyper vigilance of the enforcer defense and a complete loss of their childhood is the result where they never trust authority again and use splitting and triangulation unconsciously throughout life. The other betrayal is where the child is controlled by being made to feel inadequate or bad, where one parent is violent and beats the child and the other parent isn't strong enough to stand up to the aggressor. This forces them into one of the other profiles and a false loyalty, but they never forgive the parents. Betrayal at this time hardwires a lack of trust into their system and the vow to resist and go it alone. The fear of losing or being wrong is impossible, they must win at all time because the 2 year old terror of having to know how to be in charge is what they relive in defense, realistic challenges are not tolerable. It is, win or die, so they fight to maintain control of the environment. Strong feelings of superiority and contempt mask a poor self-image. To compensate for this they create an exaggerated self-image that forces them to live in denial, lies and secrecy. This limits their developing conscience because they assume everyone is lying and life becomes the survival of the fittest where anything goes. The fear of submission negates any real intimacy, so all intimate relationships are only tolerable from a position of security and



having the upper hand. They cannot distinguish the difference between owned anger and outward hostility because their anger is never internalized but projected onto the other taking no responsibility for their actions. They always blame others for why they had to do what they did. Hostility can be direct or through withholding. They will demand that their partner express the people pleaser qualities.

Personality out of defense: The Charismatic Leaders, out of defense, have high integrity and fearlessly express their inner truth in relationship with others and the world as a guide for fearlessness. They are very sensitive to control and power issues and oppression and injustice in the world and will fight for justice and against tyranny. They release their specialness that sets them apart from others and become a model for what is possible in very human terms. They learn to trust others form a place of knowing that they can trust their own intuition and if they make a mistake and get betrayed they will survive and be better off for it. They are natural leaders and are comfortable in positions of authority and power. They are charismatic, eloquent, charming, warm, and bigger than life. They often will find a cause to champion in life especially for the repressed or injured or the underdogs in the world with whom they unconsciously relate to.

Working with the Charismatic Leader/Enforcer Profile

When working with the Charismatic Leader/ Enforcer, trust must be established and is a constant challenge for the healer. The wounding around parental invasion and control often creates transference and an expectation of betrayal which leads to the client attempting to control the session and not trust the healer. Giving trustworthy feedback about who they "really" are and their "real" capabilities help them with an open to a new view of the world beyond their ego ideal. Do not promise anything or make the client "special" in any way. Never be in awe of their achievements even if they are very successful, the success is often their way of avoiding intimacy and relationship. Develop a real relationship based on what is between client and healer and nothing else. Never let manipulation or seduction or submission, to get their way that is designed to control the session slide. Let them know that their "tricks" don't work with you and limit the depth of the therapeutic relationship. The healer must be very patient since the Charismatic Leader/Enforcer will have a tendency to circle back on old patterns over and over.

The Charismatic Leader/Enforcer must be able to face and voice transgressions they have done to others and experience real, and not false guilt (i.e. pride of the ego ideal), but real pain and guilt that go with caring deeply for another's wellbeing. They must encouraged to confess in detail what have done to control others and how they tend to express it through, aggression, lying, cheating, seducing, stubbornness, etc. Get them to see and enjoy the negative pleasure they get from getting others to comply or serve them. Once they can do this it makes it a choice and they will be able to see the harm it does to them and others. Building a conscience takes time.

Lastly they need to see that cause and effect at the spiritual level is very different than what they can get away with at the relationship level and is how they will rebuild their self worth and self-trust. They need to take action on real needs like love, compassion, job satisfaction, self-esteem and catch themselves in the act of self-indulgence, dominating others, self aggrandizement, and amassing more stuff. The primary chakras to work with are 3, 5 & 6.

Exercises: Since Charismatic Leaders/Enforcers are natural actors they can do many bio-energetics techniques of aggression and feeling as an act. In the one-on-one therapy they are paying to be "special" and will impress the therapist with their amazing changes but they are often just polishing a new false self that gets them what they want in their relationships. Doing group work is where their inability to trust is revealed. Their need to control or manipulate, stay on the outside of the group, never surrender to authority and show contempt of the group leader, undermine subtly, be hostile to establish a "don't mess with me," or seduce to be the teacher's pet, or will use a victim stance to avoid any work they don't want to do, will not do the work required on principle, demand that they will do the work their way and no other and by not letting them do it their way is to betray them and negate them. None of these can be worked out in the group where they can never be seen as surrendering to another but must be worked through in private sessions so they can be given new ways to try in the group that are not so confrontational or manipulative.

Exercise: Trust is their primary issue so anything blindfolded helps. Having them trust fall even a few feet backward will help.