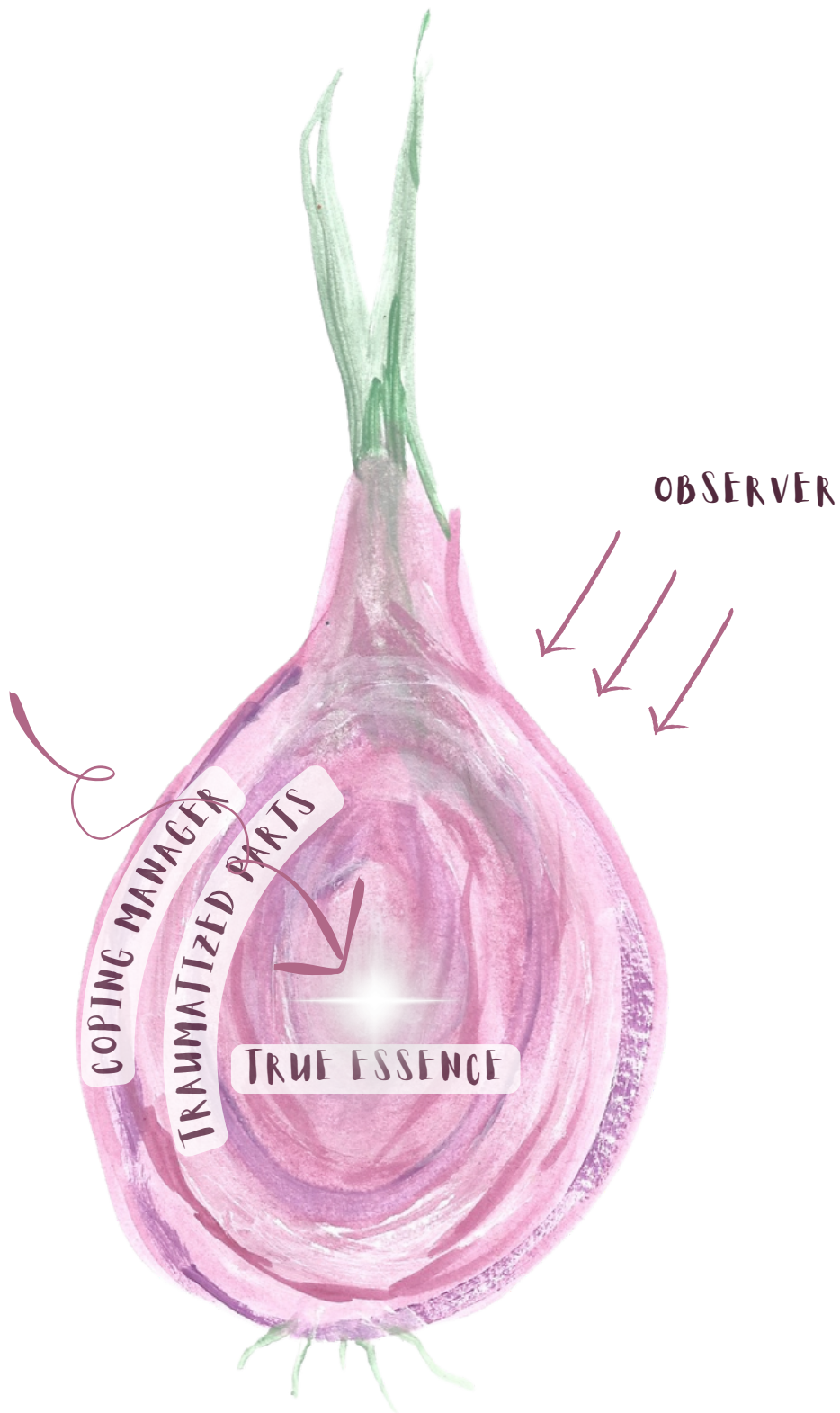


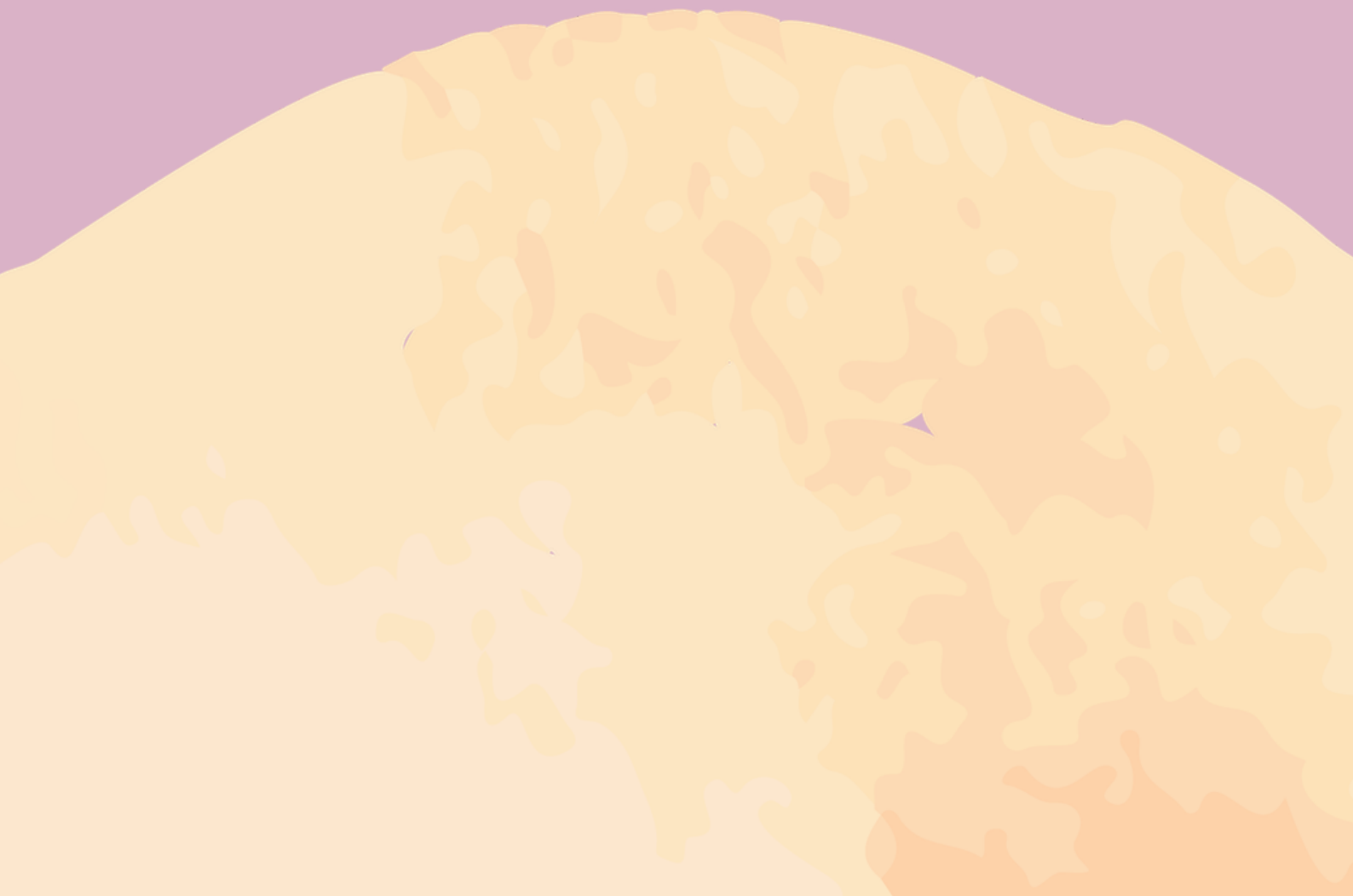
# REDISCOVERING ME WORKBOOK



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# BASIC TRAINING

## PART 1



# 4 STATES OF CONCIIOUSNESS

## DEFINITIONS



**The Coping Manager** ensures you are functioning in everyday life and manages the fears and sorrows of the inner Traumatized Parts. All contact to the outside world goes through him/her (the classical gatekeeper).



**he Traumatized Parts** can be felt as the angry, hurt and fearful energies within you. They have a child-like quality and are the creators of the Coping Managers. Together, as a team, they create your life in the material world.



**My True Essence** is the unmasked and clear-sighted original energy that came here for specific experiences in this body. It is the foundation that is characterized by joyfulness, lightness, peacefulness and colorfulness...free of fears, free of sorrows...connected to the Source.



**TThe Observer** is pure conciousness and is neutral, aware, does not judge, nor does it intervene.

# COPING MANAGER

## "BULLY THE BULLDOZER"



Bully the Bulldozer is a Coping Manager known for his ability to achieve his goal at 200%. To do this, he can switch off all physical sensations (hunger, thirst, need for urination, etc.) and pump adrenaline to improve brain performance.

In and of itself, a wonderful gift in the working world, but in family life Bully does not go down well.

If the children (or spouse) do not achieve their targets, Bully runs right over them. He uses all kinds of pressure:

- manipulation to create feelings of shame and guilt,
- verbal threats,
- threatening looks
- and pushy hands.

Bully once read that an appreciative style of communication could achieve the same goal, but had to admit to himself that he was simply not interested in it. He is only interested in the children and spouse being functional.

# TRAUMATIZED PARTS

## IDENTIFYING QUALITIES



### **“The sufferer”:**

- childlike, fearful, manipulative, a victim
- shows pleasure in the suffering of others
- wants to share (spread) his suffering with others
- can be felt physically in the heart region



### **“The furious girl”:**

- childish, selfish, defiant, wild
- needs attention and becomes a monster if she doesn't get it
- the anger is not reduced by physical activity ("working out")
- can be felt physically as fire (heat) in the belly



### **“The Grinch”:**

- excudes poison and spoils the good mood
- the poison comes, for example, in the form of devaluing others
- is happy about a poisonous retort, is perplexed when confronted with kindness
- can be felt physically as a bitter poison in the belly region



### **“The crazy bitch”:**

- is visibly exhausted and hysterical; she cannot think clearly
- is frustrated and about to scream
- can be felt physically as strained nerves (like a taut cord)