

## DISCOVERING THE TRUTH ABOUT CHILDHOOD

There is an old proverb which says, “The truth will make you free, but first it will make you miserable.”

So, yes it is really necessary and it really is safe to dethrone the tyranny of your past.

No pain is so devastating as the pain a person refuses to face, and no suffering is so lasting as the suffering left unacknowledged.

Hidden pain becomes a tyrant determining where you can go, what you can do, and when you are comfortable.

As a child, it may have been necessary to bury certain traumatizing experiences.

If a child is being abused emotionally, physically, or sexually and there is no one to turn to for help, she or he might think, ‘It’s not really that bad. It’s no big deal.

In fact, it doesn’t even bother me that much. Such a denial can allow children to live through horrors which, if fully comprehended, might be devastating.

To bury the pain was to ensure survival as a child.

As an adult you are in a position to learn the meaning and significance of your early experiences – how they are still affecting you today.

As an adult, you can handle the challenge of facing the past and freeing yourself from its bondage.

To continue to repress the pain is to continue to tell yourself that you are too helpless to deal with it. This in itself is a crippling belief.

Denial of pain takes great energy and requires the person to bankrupt himself maintaining his fears ...

Until we have the opportunity to examine and update our childhood beliefs in the light of our reality as adults we are doomed to repeat the past behavior.

It was the parents, not the children, who were responsible for the inconsistency and unpredictability in family life.

The chaos in your family was not your fault...not because of who you were.

It did not happen because you were bad, or because you were not good enough, or because there was something wrong with you.

Because of family dysfunction, sickness, false traditions, or darkness, love within your family could not be expressed in a consistent, healthy, and nurturing way.

If you were accused of causing the problems, it was because of the blindness and darkness of your parents, who had no ears to hear and no eyes to see.

By beginning to gradually acknowledge your early painful experiences you will be able, perhaps for the first time, to find meaning for all those feelings. Then you can begin to comfort yourself, knowing that you were not responsible for what happened.