

ADMONITIONS - Silent and Overt

These admonitions are parents' do's and don't's. These are powerful, energetic, dysfunctional programs that they used as survival techniques, which you then inherited. They didn't even need to be spoken. You didn't have to ask about acting or behaving in certain ways when the admonitions were unspoken or silent, you just "knew better."

As you go through the list decide if you learned the admonition through your parent's Overt behavior or if learned through Silent demonstration of the message. Put an O or an S in front of the admonition on these sheets.

These are only suggestions. Please expand the list to suit your own situation. They are most powerful when you can find your own exact wording.

Start by doing your **MOTHER** (or feminine parent) first. **Wait** to do the other parent until instructed to do so.

TECHNOLOGY FOR OVERCOMING CORE ADMONITIONS:

- 1) IDENTIFY
- 2) RELEASE
- 3) REPLACE

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| ___ | ___ | 1. "It's not OK to be happy." |
| ___ | ___ | 2. "It's not OK to be in a good space." |
| ___ | ___ | 3. "Be a failure." |
| ___ | ___ | 4. "I don't want to live." |
| ___ | ___ | 5. "Duty before fun." |
| ___ | ___ | 6. "I do not have time for you." |
| ___ | ___ | 7. "You are not enough." |
| ___ | ___ | 8. "Your feelings are not important" |
| ___ | ___ | 9. "Others can do better than you can." |
| ___ | ___ | 10. "Nothing you do is worthwhile." |
| ___ | ___ | 11. "I won't stand up for you." |
| ___ | ___ | 12. "Do as I wish or I will not love you." |
| ___ | ___ | 13. "If you do not do as I wish, it means you do not love me." |
| ___ | ___ | 14. "Be like your friends." |
| ___ | ___ | 15. "When you grow up to be the adult I know you will be, you will be terrific." |
| ___ | ___ | 16. "What will people think?" |
| ___ | ___ | 17. "It is necessary to control all potential situations." |
| ___ | ___ | 18. "It is necessary to anticipate all possibilities." |
| ___ | ___ | 19. "The world is a dangerous place." |
| ___ | ___ | 20. "Don't be loved." |
| ___ | ___ | 21. "If you aren't a success I will reject you." (my terms) |
| ___ | ___ | 22. "Don't out-do me." |
| ___ | ___ | 23. "Don't relate to other men/women any more than you relate to me." |
| ___ | ___ | 24. "Don't relate to other men/women more than I relate to your mother/ father." |
| ___ | ___ | 25. "I am not worth anything." |

- 26. "Love me, don't leave me out"
- 27. "Being a man is being what women want you to be. (vice versa for Women)
- 28. "Do what women/men want you to do."
- 29. "Be a man,"
- 30. "Be a woman."
- 31. "Don't be a man/woman."
- 32. "Men are better than women/women are better than men."
- 33. "Don't surpass me as a woman/man."
- 34. "Be a lady/be a gentleman."
- 35. Always obey authority
- 36. Be afraid of me
- 37. "You're only a child."
- 38. "Children are nothing."
- 39. "You have nothing important to say."
- 40. "Don't expect to be noticed."
- 41. "If you can't say something nice don't say anything at all."
- 42. "I don't have time for you."
- 43. "I'm great and you're shit."
- 44. "It's not OK to grow up."
- 45. "You bore me."
- 46. "I don't care."
- 47. "I'm not capable of rearing you."
- 48. "You cause me problems."
- 49. "I have to work hard because of you."
- 50. " You better like what I have done for you or I will hate you."
- 51. "Be like me."
- 52. "I know what is going on better than you do."
- 53. " You are unimportant -I am important"
- 54. " You are nothing."
- 55. "I don't need anybody's love."
- 56. "Get out of my way."
- 57. "Life is difficult."
- 58. "No one appreciates me."
- 59. " You don't make me feel secure enough."
- 60. "I try so hard and no one gives me any credit"
- 61. "I don't know what to do."
- 62. "Nobody helps me."
- 63. "Criticize me."
- 64. "I'm not enough."
- 65. "I'm mixed up."
- 66. "I'm no good."
- 67. "Others can do better than I can."
- 68. "I'm crazy so I can get away with anything."
- 69. "Nobody will do this right unless I do it"
- 70. "I feel fine." (said when not feeling fine)
- 71. "I don't feel like it"
- 72. "I'm always battling with you can't we be friends?"
- 73. "I only have so much love to go around."
- 74. "I love others more than you."
- 75. "I will do it myself."
- 76. "If you get in trouble I won't love you."

- 77. "If you don't learn in school you will be punished."
- 78. "Be popular"
- 79. " You're not worth my notice or attention."
- 80. "I don't know what I want, but you're not it"
- 81. "Nothing is good enough."
- 82. "If you misbehave, I will leave you."
- 83. "If you don't behave, I will kill myself (go crazy, have a heart attack, etc.)"
- 84. "Anger is bad."
- 85. "See me as wonderful, don't criticize me."
- 86. "Don't be an independent thinker,"
- 87. "Act stupid so I'll look smart"
- 88. "Depend on me."
- 89. "Don't make a move without asking me."
- 90. "Be still/be quiet/be dead."
- 91. "Don't show emotions."
- 92. "Be tense, don't relax."
- 93. "Act helpless so I'll look competent"
- 94. "Keep busy."
- 95. "Take on more than you can handle."
- 96. "Be disorganized/scattered."
- 97. "Be anxious about your responsibilities."
- 98. "Be smart to impress people."
- 99. "Put on a good front."
- 100. "Don't make a mistake."
- 101. "Perform well to get approval."
- 102. "Be satisfied with what you get."
- 103. "You don't deserve it."
- 104. "Be grateful."
- 105. "Physical contact is bad."
- 106. "Do things for people so they'll like you."
- 107. "Be dutiful."
- 108. "Be perfect/cute/sweet/clean."
- 109. "Don't take chances."
- 110. "Don't touch me."
- 111. "Don't stoop, stand straight"
- 112. "It's not OK to look OK."
- 113. "Cleanliness is next to godliness."
- 114. "Don't expect to get recognition."
- 115. "Don't trust people."
- 116. "Disagreement means rejection."
- 117. "Make lots of money."
- 118. "Don't commit yourself."
- 119. "If you compete, you'll lose."
- 120. "Feel guilty, ashamed of needs."
- 121. "Be embarrassed."
- 122. "Be dissatisfied with yourself."
- 123. "Don't succeed."
- 124. "Don't expect compliments."
- 125. "Don't ask for things."
- 126. "Suffering is good for you."
- 127. "Look sexy but don't put out"

— — 128."Don't show off."
— — 129."Sex is dirty/taboo/disappointing/doesn't exist"
— — 130."Control yourself."
— — 131."Smile."
— — 132."Don't be direct"
— — 133."Don't be strong."
— — 134."Don't tell me about your life."
— — 135."Don't have sex unless married."
— — 136."Don't be sexual."
— — 137."Don't have desires."
— — 138."Don't satisfy your own needs."
— — 139."Marry the kind of person I think you should marry."
— — 140."Sublimate pleasure."
— — 141."Don't have orgasms."
— — 142."Don't talk about sex."
— — 143."Don't be in your body."
— — 144."Don't follow your impulse."
— — 145."Don't feel good."
— — 146."Be passive."
— — 147."Don't enjoy your appetites - look at sex as a chore."
— — 148."Others can be sexual but not you."
— — 149."Life is empty without a mate."
— — 150." You're too good to marry."
— — 151."Kissing will make you pregnant"
— — 152." You're a slut if you look at or touch men."
— — 153."If you love someone tell him/her what to do."
— — 154."Reject your mate."
— — 155."Be rejected by your mate."
— — 156."Don't enjoy your husband/wife/lover."
— — 157."Don't give the other person what he/she wants."
— — 158."Develop the attitude: I can't do anything about it"
— — 159. "Keep away from close, vulnerable, intimate, sharing (etc.) contact with people."
— — 160. "Don't love other people."
— — 161. "Be very picky on the kinds of people in your life."
— — 162. "Depend on a woman/man to take care of you."
— — 163. "Let your mother/father run your life."
— — 164. "Depend on someone more skilled & knowledgeable than you."
— — 165. "Don't learn to do anything yourself."
— — 166. "Feel responsible to your parents."
— — 167. "Avoid family commitments."
— — 168. "Give yourself a hard time."
— — 169. "Do things against your own wishes and then be resentful."
— — 170. "Let your anger stew and build up inside of you - don't let it out"
— — 171. "Give up."
— — 172. "Be the victim in life."
— — 173. "You will always be the bad boy/girl."
— — 174. "Be rejected by people all your life."
— — 175. "Avoid victories, happiness, love."
— — 176. "Fear and expect failure in life."
— — 177. "Hate yourself."
— — 178. "Be a coward."

- 179. "Other people are dangerous."
- 180. "Don't trust yourself."
- 181. "Life is one big dependency on your back."
- 182. "Reject other people."
- 183. "Other people are dangerous."
- 184. " Watch out for strangers."
- 185. "Be careful."
- 186. "Be polite."
- 187. "Wait your turn."
- 188. "Life is made up of a lot of rules for you to follow."
- 189. "Motivate yourself by guilt"
- 190. "Don't relax - always keep worrying."
- 191. "Blame yourself."
- 192. "Happiness is impossible."
- 193. "If you worry you will be doing something about the problem."
- 194. "Feel sorry for yourself,"
- 195. "Do it because it is 'right'"
- 196. " You have too unhappy and stormy and miserable a childhood to be happy as an adult"
- 197. "You'll seldom be happy with a man/woman in your lifetime."
- 198. "Marry someone stronger than you and manipulate him/her."
- 199. "Let other people take care of you."
- 200. "Let other people make decisions for you on what to do with your life."
- 201. "Stay out of trouble and danger."
- 202. "You can learn all there is to know from life by reading books."
- 203. "Be alienated from your body/home/life."
- 204. "Don't enjoy birthdays, holidays, family celebrations."
- 205. "You deserve nothing for just being who you are."
- 206. "Be grateful for everything you get out of life."
- 207. "Act invisible, because nobody sees you."
- 208. "Negative attention is the only attention you can get"
- 209. "Don't get better,"
- 210. "Don't help yourself."
- 211. "Life would go on beautifully without you."
- 212. "Be cultured - be interested in ballet, symphony, opera or else your life will be empty and common."
- 213. " You must love classical music to be a deep person."
- 214. "Don't talk about anything meaningful."
- 215. "Repress your feelings."
- 216. "Don't have fun."
- 217. "God is only available to Protestants."
- 218. "You must earn my love."
- 219. "Go to church so the neighbors will think you're a good person."
- 220. "Don't let your parents down."
- 221. "I love you, I hate you, I love you, I hate you: see-saw (back & forth) love is all there is."
- 222. "Don't trust your own feelings, discount your intuition."
- 223. "God will punish you if you don't do as Mommy/Daddy says."
- 224. "Jesus stories are nice, but that's all they are, just stories."
- 225. " You cannot do anything."
- 226. "Don't express any of your opinions."
- 228. "Overdo everything."
- 229. "God has Seldom answered any of my prayers so don't you expect anything from Him."

- 230. "There is no God."
- 231. "God is dead."
- 232. "Don't expect to be noticed."
- 233. "Worry about the past and the future."
- 234. "There are only a chosen few who God loves, and you are not one of them."
- 235. "Stories about God are on a level with stories about gypsies and crystal balls and fortune tellers - hogwash."
- 236. "Believe in God - and be duped."
- 237. "Feel guilty, ashamed of needs."
- 238. "Let Mommy/Daddy take care of you."
- 239. "Tell the truth."
- 240. "Your genitals are dirty, hide them, keep away from them."
- 241. "Don't play with yourself."
- 242. "Feel one thing and say another "
- 243. "Demand a return on everything you give."
- 245 "Avoid ecstasy."
- 246 "Act helpless/stupid/scared/ confused and someone will come along and take care of you."
- 247 "If you make a scene you will get what you want."
- 248 "Wait and be told what to do."
- 249 "Take on more than you can handle."
- 250 "You'll seldom have any friends."
- 251 "Avoid intensity."
- 252 "All you do is take."
- 253 "Go to church out of guilt."
- 254 "God is wrathful and out to get you so you better be good"
- 255 "God is on Mommy's/Daddy's side, not on your side".
- 256 "Be good or God won't love you."
- 257 "You'll never be good enough for God."
- 258 "Church is for women and kids."
- 259 "You're full of hate."
- 260 "No human contact is possible through love, touch, sex."
- 261 "Keep away from people very different from you."
- 262 "Roman Catholics are superior to Protestants; or vice versa, Jews are superior to Christians or vice versa."
- 263 "If you love someone, possess him/her,"
- 264 "Be embarrassed."
- 265 "There is no such thing as the psychic realm"
- 266 "Substitute meaningless activity for meaningful ones."
- 267 "Who do you think you are."
- 268 "You'll never amount to anything."
- 269 "Nothing comes easy."
- 270 "Be smart to win approval."
- 271 "Suffer in silence."
- 272 "Use your head."
- 273 "Sacrifice yourself for others"
- 274 "Worry"
- 275 "Dont trust your emotions"

Admonition List Assignment

1. Go through one more time, and complete the list using your adult intellectual self to see which additional admonitions would need to be included.
2. From all that are chosen, select what you consider to be the Ten Worst. Choose however you wish.
3. Take ten sheets of paper and put one of the Worst on each sheet.
4. Then fill the top half with how you learned this from your Mother before puberty.
5. Then fill the bottom half with how you have also “done” this admonition in your current adult life, for about the last five years or more. Be specific and give examples.

Bring all this with you to each session.

Blessings

TECHNOLOGY FOR OVERCOMING CORE ADMONITIONS:

- 1) IDENTIFY - this is the step you are working on first.
- 2) RELEASE - you need to use the word “NO” and an embodied struggle to rebirth out of this old patterning.

“NO ! I will not worry like you!” for example, while walking up a steep hill.

- 3) REPLACE - after having made effort to release, allow Grace to guide you as to the new replacement pattern to take place of the old one.

“I trust.” for example, as the new pattern replacing “worry” example above.