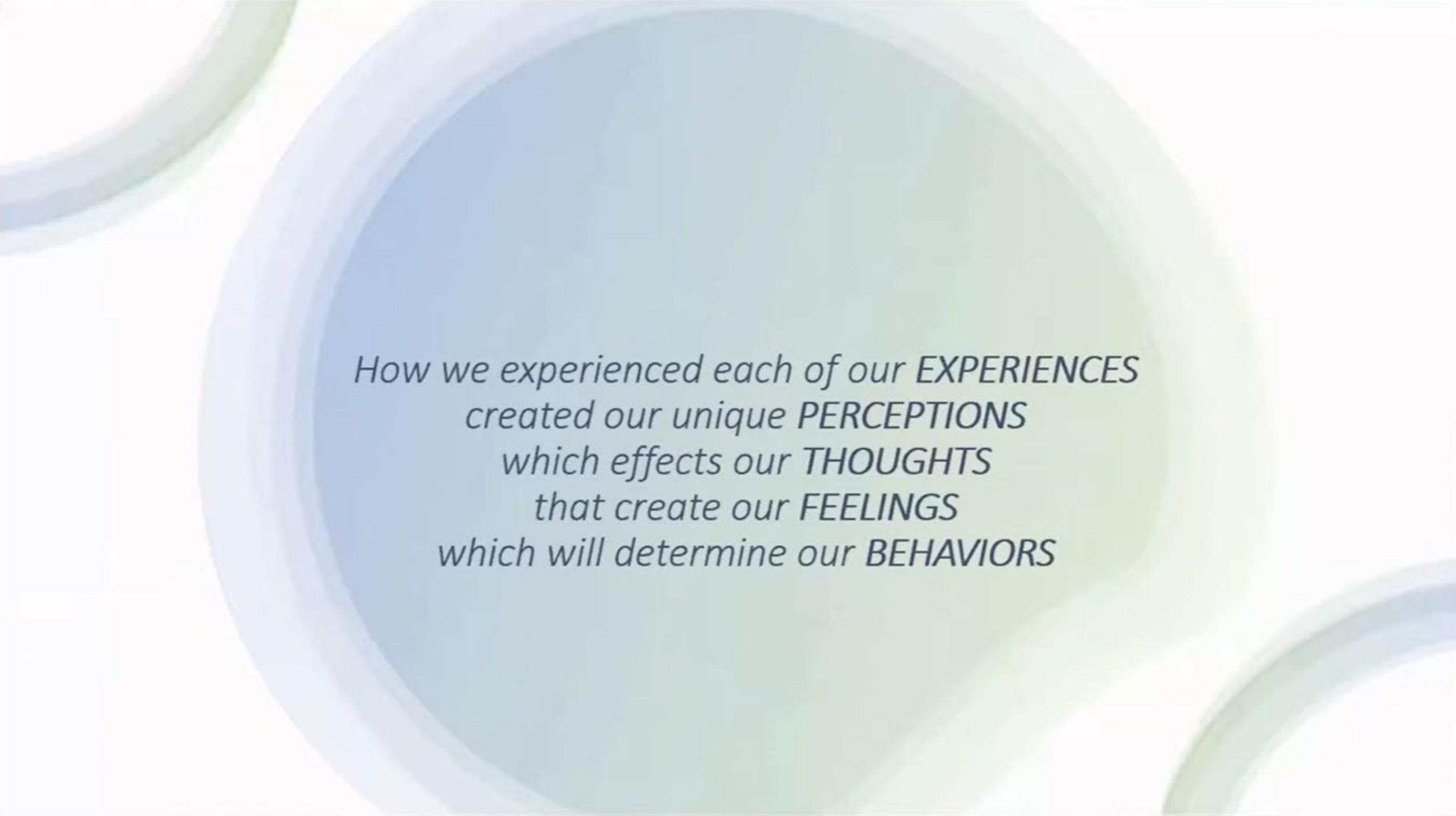


# The Movie In My Head

Experiences, Perceptions, Thoughts, Feelings

by Mary R.



*How we experienced each of our EXPERIENCES  
created our unique PERCEPTIONS  
which effects our THOUGHTS  
that create our FEELINGS  
which will determine our BEHAVIORS*



# FANTASY, EXPECTATION AND ASSUMPTION

We can each create a movie in our head, each and every day....we call this Fantasy, Expectations and Assumptions.

How I think things should go in my life or  
how I should be in my life or  
how you should be in my life  
or how God should be in my life  
or...or...or...

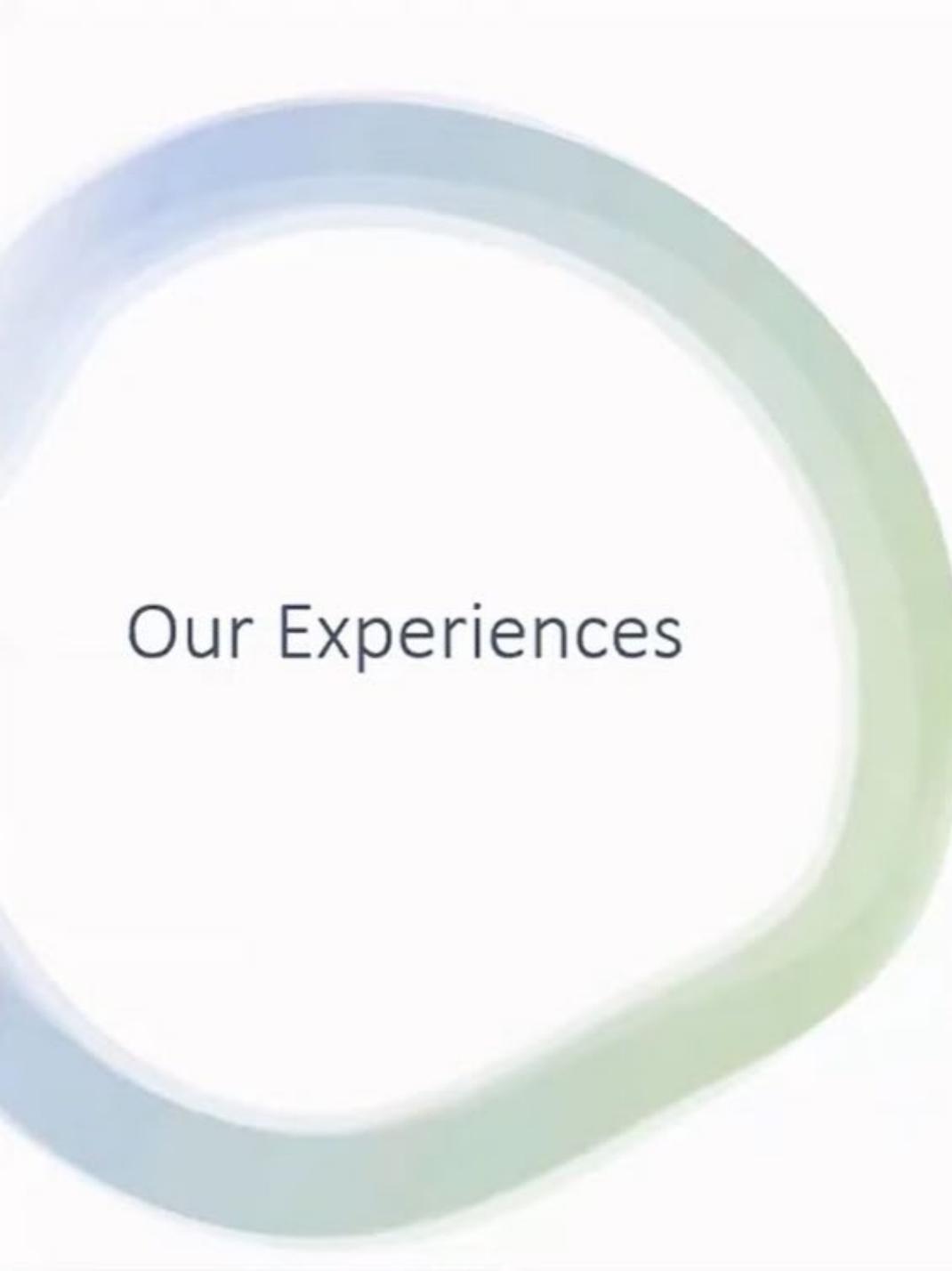
This list could go on and on.

These Fantasies, Expectations and Assumptions come from our Perceptions and Beliefs that then effect our thoughts about TODAY.

*Our experiences Physically, Emotionally, Intellectually,  
Sexually and Spiritually and, more importantly,*

***HOW***

*we experienced them (childhood having the biggest impact),  
which is unchangeable, it is the past.*



# Our Experiences

From the CoDA Blue Book (Chapter 3, Step 1):

- What neglect and abuse did I experience growing up?
- Where did I learn to turn my head when I and/or other people were being neglected or abused, and why?
- Who in my childhood displayed these behaviors or instructed me not to tell or share my feelings about it?
- Where did I learn that avoiding others was safer than being involved?
- Where did I learn to control others for my sense of well-being?
- How did I learn that I wasn't good enough or was better than others?
- When, where, and how did I learn to deny my own thoughts, feelings, and needs for the sake of others or, conversely, to demand that the world revolve around me?
- Where did I learn to behave in neglectful and/or abuse ways that are intellectually, emotionally, physically, sexually and/or spiritually harmful?
- Where and how did I learn that having a relationship would make me whole?

These are a few of the questions that are in Chapter 3, Step 1 and this is a short list as there are many more questions we can ask ourselves about our childhood and adult experiences that we not only experienced, but witnessed.

*Our experiences created our **PERCEPTIONS AND BELIEFS** about ourselves, others and life.*

*Our perceptions and beliefs are **unique** to each of us because no one else experienced or witnessed the same things we did in the way we did. This is why each child in a family may have differing perceptions about what they experienced or witnessed.*

*These **unique** perceptions and beliefs then created the inner filter (or our inner computer programming) that all our thoughts about today is filtered through. I call mine Windows 53.*

*Every wonder why someone just “doesn’t understand me”? No one can truly understand me. It is a fantasy to think that someone can. We can relate, but not truly understand.*

*The Good News.....we can identify the unhealthy perceptions and beliefs and **change these** to something that is healthier.*

# Our Thoughts

*Our Perceptions and Beliefs (or my unique inner computer programming) then influence our **THOUGHTS** today and how we will **think** about ourselves, others and life.*

*If I don't know what my perceptions and beliefs are, then I keep recreating the same old patterns again and again.*

*Identifying my old perceptions and beliefs and changing them into healthier perceptions and beliefs will then effect how I think today.*

*The Good News is...we **can** change our thinking.*

*Our Thoughts or Thinking then Create our  
**FEELINGS***

*Fear, Anger, Shame Pain, Guilt, Lonely, Joy*

*Our feelings (or emotions) are the body's  
kinetic response to the thoughts.....feelings  
change as the thoughts change.*

*If we don't like the way we feel, we need to  
change the way we think.*

*Our Thoughts and Feelings will then  
determine our **ACTIONS AND BEHAVIORS.***

*Will our behaviors be mindful or will they be  
reactive?*

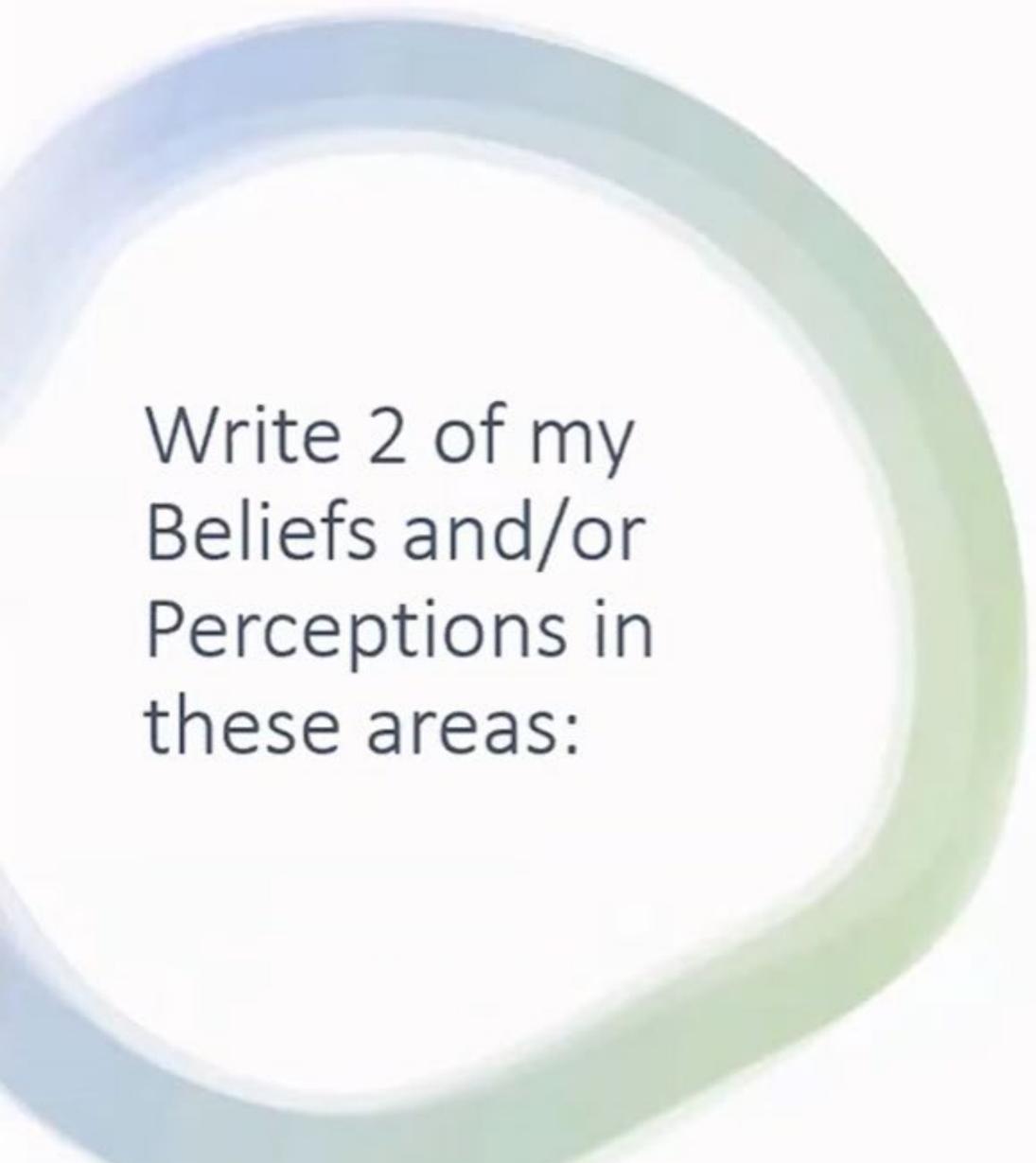
*Will we be conscious of our behaviors and our  
boundaries or the boundaries of others or will  
we be unconscious and boundary-less in our  
behaviors?*

*Good News.....we can change our actions and  
our behaviors*

# Time to Write

Take out a pen and paper. If you don't have a pen and paper, then contemplate your answers to these questions.

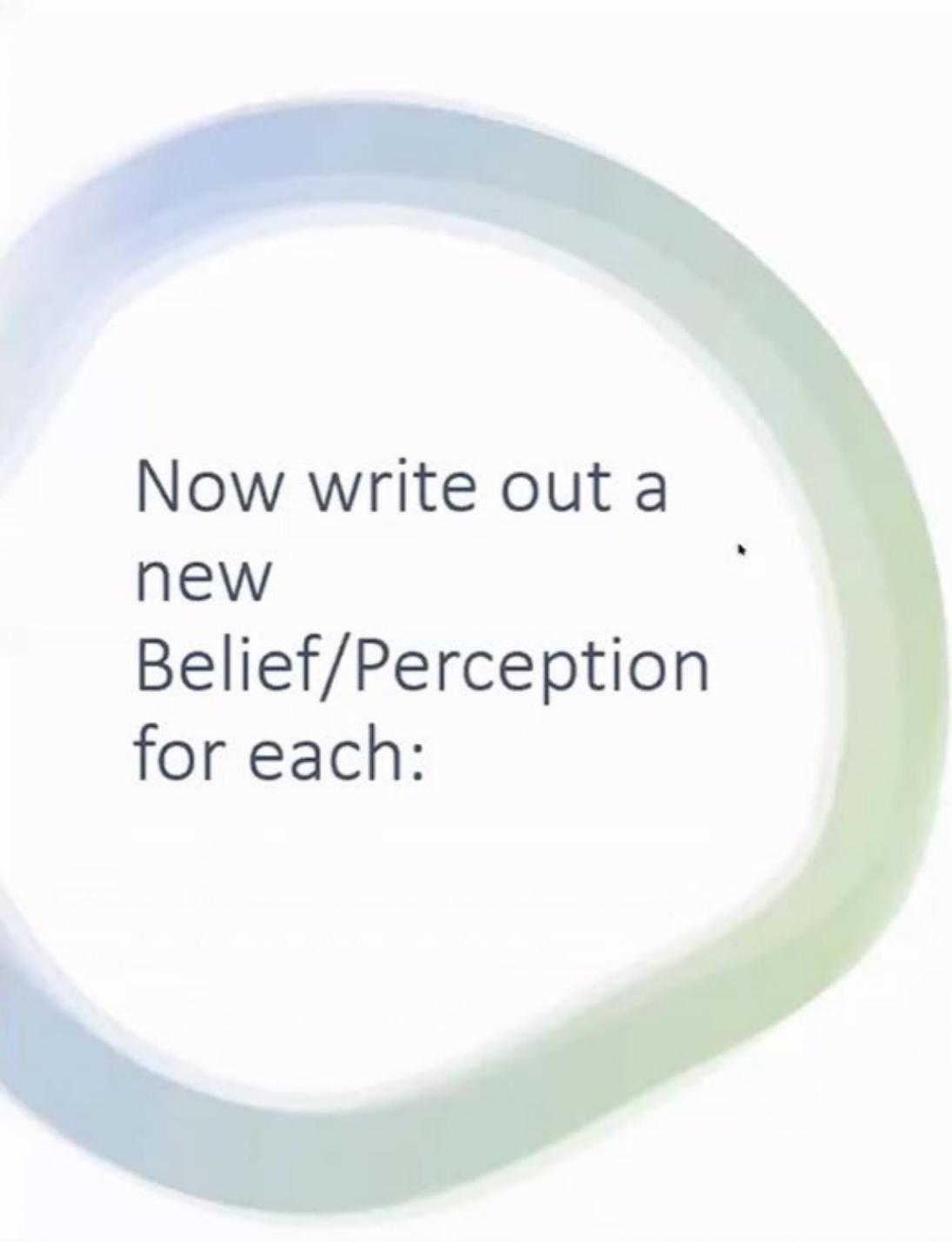




Write 2 of my  
Beliefs and/or  
Perceptions in  
these areas:

- Physically:
- Emotionally:
- Sexually:
- Intellectually:
- Spiritually:
- What Women are:
- What Men are:
- What Relationships are:

Who, What, When,  
Where and How did I  
learn these Perceptions  
and Beliefs?



Now write out a  
new  
Belief/Perception  
for each:

- Physically:
- Emotionally:
- Sexually:
- Intellectually:
- Spiritually:
- What Women are:
- What Men are:
- What Relationships are

Now go out and practice these new Perceptions  
and Beliefs.

Practice intervening on the old messages and  
replacing them with the new messages of your  
new and improved perceptions and beliefs.

Challenge yourself to create your new way of  
thinking. It is your creation, no one else's, and  
does not have to agree with anyone else's  
thinking.

Choose faith and love over the fear of change.

Revisit your 3<sup>rd</sup> Step and trust all outcomes to  
your Higher Power.

## From Chapter 3 in the CoDA Blue Book “The Journey Continues”

“Through God’s abundant love, the spiritual principles of our program and our willingness to be rigorously honest in continuing our recovery to the best of our ability, we will come to know a new sense of belonging. We will begin to trust and believe in ourselves and that the healing of our past is possible. We’ll no longer be controlled by fear and shame. We will find we are able to respond to life’s challenges with courage, integrity, and dignity. Others will no longer be our gods. We will experience a new love and acceptance of ourselves and others. We will become capable of developing and maintaining healthy and loving relationships, and we will learn to see ourselves as equal to others. We will learn that it’s possible for our families to mend and become more loving and intimate. We will come to know that we are each a unique creation of a loving Higher Power, born with beauty, value, and worth. And, we will progressively experience spiritual strength and serenity in our daily lives.”