

Childhood Scripts

Childhood Scripts:

- Many counselors believe that a majority of what drives us as adults happened to us in our early years!
- These scripts written for us long ago are faithfully followed and reinforced as we hold tightly to them.
- An example: Some whose parents abandoned them may live as if they expect those they love to abandon them.
- Such scripts distort reality and drive people to act and react in what could be very destructive ways.
- These scripts also impact how people give and receive love.
- Unresolved physical, emotional, or sexual abuse, parental divorce, abandonment, gross failure or emotional loss need to be dealt with so they don't effect ones marriage. (Relationships)

Our Childhood is where it all begins. I believe this is where everything stems from, our thoughts, opinions, reactions, choices and decisions. We all talk about how Joseph and forgiveness and how he forgave. It is my favorite story in the Bible. But, let's take a look at his Childhood Script.

- Joseph was the first son of his favorite wife, Rachel.
- Jacob had been deceived by his Father in law and had been given Leah for his first wife.
- Before Joseph was even born there was jealousy and rivalry in the family. Jacobs 2 wives Leah and Rachel were sisters that fought all the time for Jacobs's attention and love. Leah knew that Jacob loved Rachel more, but Leah thought by baring Jacob sons, she would win over his love.
- The children are treated differently by the Mothers and their father.

Joseph had a terrible childhood script:

1. Favoritism.
2. Jealousy from his brothers.
3. Spoiled rotten.
4. Learned everything was given to him.
5. Rejection by his brothers.

6. Falsely accused.

- Joseph had a childhood script that caused him a lot of pain.
- This is just Jodie Smith here but. He was in prison for about 13ish years, but I'm thinking it probably took a lot of those years to work through his childhood scripts.
- He was the favorite child! How in the world did he end up in prison?
- I'm sure he had a fair amount of pride he had to work on.
- Rejection from his brothers.

Abandonment

- He didn't know his brothers told his dad that he had been killed, he was probably wondering, where is my Dad?
- Did they really all leave me to die in here?
- It took a great deal of brokenness and repentance and the forgiving to work through all of this before God could use him.

He had to go through the same process that we better be going through if we want to be where God can use us and guide us. So we can walk in the plan that God has for us.

Failure

- When you are feeling desperate and feel as though there's no hope: solution....try taking some pills, thoughts of taking your life.
- Depression.

My Sweet Mother taught me this very well.... I remember as a child hearing my Dad pulling pills out of my Mothers mouth. She tried to take her life on several occasions.

My self confidence

- I didn't think I was capable of making good grades in school. I didn't quite line up with the smartest. My nickname growing up was "Do Do brain" I struggled in school. My parents never asked for my report cards. Didn't offer any help. Dad was working and Mom was just trying to survive.

My thoughts and opinions weren't valuable: My sweet Momma struggled with her emotions desperately and it was pretty much all about her. I was never really asked how I felt or what my feelings were. I learned never to express them because it might upset Mom and it would send her into another deep depression.

I was dirty and used: Being sexually abused from age 4-12. My values were distorted. I did not learn boundaries. I learned there were none. I learned its ok to just let people take advantage of me. I did not love or respect myself.

Abandonment: My Mom was emotionally gone and my Dad was a workaholic.

I had the fear that others would leave me. I had a failed first marriage. I had been left for another woman. I always felt people would always eventually leave me.

Fear of causing an explosion: Fear was always a great factor in my childhood....Don't rock the boat because Mom is dealing with her nerves being on edge. The fear of losing my Mom was a great factor. I don't like silent moments. I became the clown and kept up that part in order to fill in quiet moments. I had a nervous laugh. Anytime someone got upset, it terrified me... I shut down emotionally.

Fear: When I was older, I had a fear of opening up emotionally and losing control like my Mom did. That's all I ever knew.

Anger: There are many reasons we accumulate anger. When we are children most of us are told to zip it up, go to your room. You can probably look back on your childhood and see where and why you had deep anger hidden inside of you. For me I learned how to stuff my anger. I was too afraid to let it out.

- I want to bring something out here is: our parents unintentionally do stuff or in them trying to get through life cause much harm to us.... not really knowing or even realizing it.

Manipulated and controlled: We were very controlled by Moms emotions. Therefore I learned to let other people emotions control me in how I act and what I think.

Codependency: I was the child that could make Mom laugh. I was the child mom kept home from school so I could go shopping with her. This help fill her void.

Every member of the family will have a different child script:

- Have you ever heard sisters and brothers tell the very same story but, it sounds totally different? It sounds like 2 different stories?
- They are each looking at it from a different lens.
- Plus different birth orders make a difference.
- Everything effects everyone in a different way.

You have to remember how ever you remember it as a child is how you emotionally took it and how you have reacted:

- It's very difficult for some to even look at their childhood.
- They want to pretend it never happened. (pretend) (out of sight, out of mind).
- They know it was bad but, due to such trauma and pain, they won't let themselves bring it back up.
- I say they won't bring it up because it is a choice.

There is no other way around breaking free of our past without knowing what the past is:

- Acknowledging it.
- Re-living it.
- There is no such things as breaking free of the Chains that bind you without going through the process.

I know as I have told you my story, you are also thinking about yours.

There may be some that have very deep emotions that are trying to surface.

Are you going to allow them to surface or are you going to squelch them down?

What Is Your Childhood Script and how is It Affecting You Today?