

# THE HUMILATION WOUND

## FOUR OF FIVE PRIMARY WOUNDS

### CHARACTERISTICS:

- Experiences or perceives experiencing humiliated by others.
- Self-protection: the mask of the masochist.
  - Holds the sense of being constantly observed and judged by others / God.
  - Tries to be worthy in the eyes of God or loved ones.
  - Serving those you love.
  - Restrains in word, does not impulsively speak.
  - Needs to justify actions or others.
  - Denies sensuality, suppresses sexuality.
  - Fear of punishment for the enjoyment of life.
  - Puts the needs of others above your own.
  - Feeling soiled, dirty, or unworthy at times.
  - Compensates for different needs with food; gains weight easily.
  - A talent for making people laugh, but often by mocking or humiliating himself.
- Anxiety: Freedom.
- Shadow Chakra: First Chakra (Root Chakra which governs safety and security.)
- Life's Greatest Lesson: Becoming a non-judgmental witness / enjoy self-pleasure.

### WAYS TO ACCEPT & FORGIVE YOUR WOUND:

- Remind yourself that all of mankind is the same. No one is better than you or worse than you. The "ideal" perfect version of you does not exist "out there."
- The Heal your Humiliation Wound Packet ([www.thisspiritualfix.com/shop](http://www.thisspiritualfix.com/shop))
- Recognize the 3 different voices in your mind: the critic/worrier, the false comfort, the wise observer. When the critic/worrier voice starts berating/scaring you just tell the voice, "I hear you. I love you." Do not argue with the voice.