

# LOVING THE WOUNDED

EPISODE 8 OF 8 IN THE PRIMAL WOUND SERIES

## **ABANDONMENT- THEY DON'T NEED TO BE NEEDED TO BE LOVED.**

- Over-communicate when you are going to be busy, absent, or late.
- Recognize they are not controlling but rather scared of losing you.
- Reassure them of your love when they are feeling anxious.
- Don't wait till they are overwhelmed / exhausted to offer help.
- Don't take advantage of their ability to forgive and forget.

## **REJECTION- THEY DON'T NEED TO BE WORTHY TO BE LOVED.**

- Over-communicate when you are offering criticism. Provide "sandwich" criticism (compliment / address issue / compliment).
- Stay objective when calling out the issues. Avoid language that could be interpreted as insults or villainizing.
- They will avoid conflict. Recognize you will have to be the one to initiate communication around conflict.
- Don't take their escapism personally.

## **INJUSTICE- THEY DON'T NEED TO BE PERFECT TO BE LOVED.**

- Over-communicate when delegating / making sure things are fair.
- Understand their strong opinions are tied up in their identity. Being "right" is the foundation of their false ego.
- When you make a mistake ask, "how can I make this right?"
- Don't take their strong opinions personally.

## **HUMILIATION- THEY DON'T NEED TO BE "GOOD" TO BE LOVED.**

- Try to avoid direct criticism, they will replay any negative words you say over and over in their head. You meant to cut them once? They will cut themselves a thousand times.
- Never ever reprimand them in public.
- Don't use shame or blame to manipulate them.
- Don't take their shame around food / sex / the body personally.

## **BETRAYAL- THEY DON'T NEED TO BE POWERFUL TO BE LOVED.**

- Over-communicate when plans change / or about plans. They need to always be prepared.
- If they distrust you, be patient. They are very "stingy" with their trust and its not personal.
- Assume their intentions are noble and based on avoiding risk.
- Don't take their need for control personally. Set proper boundaries.