



Step 1

The child craves selfish, exclusive love from each parent but cannot get it.

- A young child is naturally dependent, helpless, selfish, and incapable of mature love.
- Conflict arises in the child between his desire for the exclusive love of each parent and a desire for the parents to love each other.
- The child
 - Suffers even more when the parents do not love each other
 - Does not realize
 - That adults are capable of loving more than one person
 - The exclusive love they crave can never be satisfied.

Step 2

The child feels jealousy toward, excluded, rejected, and frustrated by, both parents.

- Because the child does not receive the exclusive parental love he craves, he feels excluded, rejected, and frustrated by both parents.
- The child unconsciously feels jealousy toward both parents.
- Whenever the child is kept from having his will done, it serves as additional "proof" that he is not sufficiently loved.

Step 3

The child feels hatred, resentment, hostility, and aggression toward the very people he loves most--his parents.

- The child is taught early on it is bad, wrong, and sinful to hate anyone, but especially his parents who he should love and honor.
- A conflict arises in the child between the hatred and love of his parents.
- The conflict is put into the subconscious where it festers.
- The roots of the conflict remain hidden into adulthood.

Step 4

The child feels shame and guilt for hating his parents.

Step 5

The child becomes convinced that he is undeserving of anything good because of his guilt and shame.

Step 6

The child's unconscious says, "I desire to be punished (for hating those whom I should love)."

Step 7

The child develops a fear of being punished.

Step 8

The child believes happiness will cause the punishment to be even greater.

- The child naturally yearns for happiness and pleasure.
- The shame and guilt of hating his parents (Step 3) convinces the child that he is undeserving of anything good, joyful, pleasurable; let alone happiness as such.
- The child already feels he should be punished (Step 6) and being happy will cause the punishment to be that much greater.
- The deeply hidden guilt-feeling (Step 4) grows as the child's desire for happiness grows.
- Happiness becomes prohibited to atone for hating his parents and to avoid an even greater punishment.

Step 9

The child fears happiness because he associates it with punishment.

Step 10

The child decides that punishing himself is better than allowing others to punish him.

The child's unconscious mind thinks

- "I am afraid to be punished by others, although I know I deserve it."
- "It is much worse to be punished by others--then I am *really* at their mercy, be it people, the fates, God, life itself!"
- "Perhaps, if I punish myself, I can at least avoid the humiliation, the helplessness, the degradation of punishment by forces outside myself."

Step 11

The child develops a compulsion for self-punishment.

Step 12

The child punishes himself through seemingly unrelated diseases, mishaps, difficulties, failures, and conflicts.

- Situations and patterns are created which always seem to destroy all that the child wishes most dearly in life. The unhealthy reactions, symptoms, endeavors, directions of emotion and even deed which, indirectly, create patterns that *look* as though they happen without volition of the personality. They appear to be caused quite independently and without the personality being responsible for them at all.
- Though the child may inflict this punishment on himself in any area of life, the area around his personal image will often be the area where he has the most difficulty ("punishment").

Step 13

The child unconsciously tries to avoid punishment and to atone for hating his parents, by being perfect.

The child's unconscious mind thinks

- "Perhaps I can atone for the great guilt of hating my parents in some other way besides punishment."
- "If I am so perfect, if I have no fault or weakness, if I am the best in everything I undertake, *then* I can make good for this past hatred and resentment."

Step 14

Striving for perfection causes an artificial , over-demanding, second conscience to form in the child.

The second conscience (created out of a compulsion to atone for a supposed sin)

- Is artificial
- Wants perfection *now*
- Is unnecessary--none need be punished for imaginary sins nor real failings
- Is *not* the conscience of the Higher Self which is eternal, indestructible, and wants perfection to be attained over time, by degrees, by acceptance.

Step 15

The child feels inadequate and inferior because he continually fails to fulfill the impossibly high and perfectionist demands of the second conscience.

- Each time the child falls short of the impossible standards and goals of the second conscience he feels
 - Disproportionately dejected
 - More and more strongly that he cannot avoid punishment
 - Inadequate
 - Inferior.
- The child
 - Is not conscious that the standards of the second conscience are irrational, unreal, and unattainable
 - Believes, behind his wall of separation, that others can succeed while he alone cannot
 - Is completely isolated and ashamed with a guilty secret not only of hating, but also of being unable to be "good" and "pure."