

Thrive Approach Pen Portraits

Pen Portrait for BEING - Childhood Years

BEING the inner world of the child:

A child with a BEING disruption will often feel that something is the matter with them, that they are not OK, believing they are bad, unlovable. This child feels that everything is their fault. Mostly they haven't had positive experience of caretakers and therefore they do not perceive adults as a resource for meeting their emotional and physical needs. Alternatively they might have suffered a recent traumatic loss or threat to their emotional survival that has highlighted their feelings of vulnerability. They feel neither special nor important. The child's belief about others (adults and other children) is that they cannot be trusted and may harm them.

A consequence of this is that the child believes that they have to manage on their own, only trusting themselves, resulting in their becoming inappropriately independent and often controlling. The child lives without joy, in a world of emotional turmoil. The child's emotional response can be to withdraw into themselves, disassociating, blanking, and closing off from the world. Inside they are feeling sad and scared. These feelings can be overwhelming and the child may want to disappear, become invisible. The child may be too frightened to signal that they have needs or have given up on the hope that there will be someone there to respond to their needs. Another child may express their emotions through more challenging behaviour: explosive rage, violence, anger. Some children will express their feeling in both ways, at times being withdrawn and at other times explosive. All children with a BEING interruption live with some degree of fear and anxiety and in the extreme this is experienced as terror. Whatever the feeling state, the child is unable to healthily comfort themselves or seek comfort from adults.