



Own Will - Core Issue 4

Core Issue:

Can I do it my way? Can I be/become who I want to be **and** be loved and accepted? Can I make my own decisions about my life and how I want to live it and not be crushed or feared? Can I be assertive? (Right to own will/ right to freedom)

In Neo-Reichian Theory -> Developmental Stage: From 2 – 3 1/2 years

Likely Activation:

In any authority situation; when there are differences, different interests, conflicting interests when needing to work together with somebody;.

Emotional Need:

Needing time and space to arrive at one's own preferences and choices; to be able to express own wishes and to have those wishes heard; to be able to influence the outcome of a decision in a joint situation; the right to make ones own mistakes; the right to responsibility for own choices.

If early experiences of this core issue are "good enough":

Will develop a sense of competence to make up own mind and to take the responsibility for own choice; ability to express own preferences clearly; ability to respect own boundaries and capacities as well as those of others; ability to listen to others without losing sense of self; sense of independence and autonomy.

If early experiences of this core issue are not good enough, the deep emotion repressed in bodymind: Anger, disagreement and rage; "NO!"

Defensive Responses:

Being nice; helpful; dutiful; willing to take on tasks 'beyond the call of duty' and beyond own willingness and ability to do them; self-sacrificing; shame.

Breathing pattern of stressed compressed pattern (*Also known as: Masochistic Pattern: Compressed Pattern*)

Controlled breath, reduced scope.

Tensions in body:

Upper back and shoulders; buttocks; breathing muscles; stomach and gut; holding back everywhere in body; high charge in body.

Needs to learn:

How to flow with and express own energy; how not to hold on so tightly to own impulses; be able to say no, especially to those you love; to be gentle on self; to not take on too much; not to leave the decisions to others; to accept responsibility for own life; to accept that every decision one makes has consequences; to love and be loyal to self.

Strengths & Skills:

Loyalty; warmth; willingness to do things for others; endurance; an ability to detect 'areas for improvement' everywhere.

How to get yourself out of compressed/holding pattern / trap:

Move!

Make your own choice. Express your own preference.

Allow conflict. Learn to express disagreement.

Allow yourself to express critical thoughts and 'negativity'.

Allow yourself to hear divergent/critical thoughts without giving in quickly.

Allow yourself to make mistakes and see them as part of normal living and learning.

Get up and MOVE !