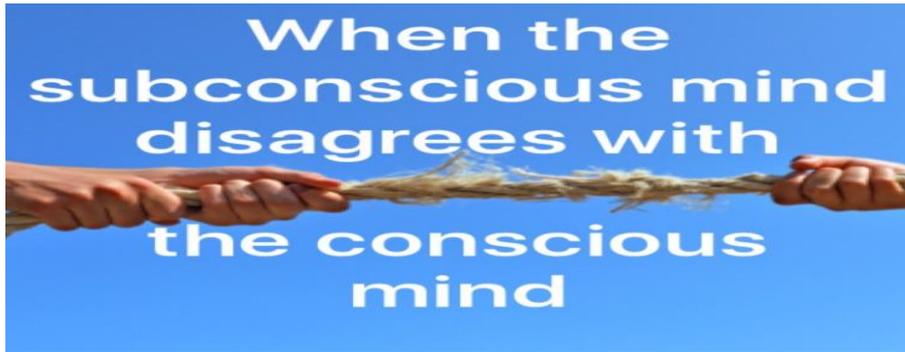


## Subconscious Sabotage:



I read a quote about subconscious sabotage by Bo Bennett recently which said,

“Self-sabotage is like a mental game of tug of war. It is the conscious mind versus the subconscious mind where the subconscious mind always wins.”

This sounds a little depressing! So I thought I would write to describe why the subconscious mind would think it was a good idea try to ‘sabotage’ our conscious will.

Our internal subconscious world view is built up from birth (or even in utero). The primary ‘patterning’ period for the psyche is between the ages of 0-5. By 9 years old, our psyche will be completely patterned for the rest of our life. In childhood the psyche has the potential to develop positive patterning which will help in life. For example if we have a really tenacious parent who believed in thinking outside the box to resolve problems then the young mind can be patterned in to the belief that obstacles have solutions and can be overcome.

So where does this go wrong? The psyche also creates defence mechanisms in childhood which later on in life can feel destructive. We have to bear in mind that a child can and will experience overwhelming emotions growing up and not yet have the mental maturity to know how to handle these. Alongside this we know not all childhood experiences are positive! So when the subconscious views a situation as unsafe or negative it will create a defence called a ‘safety mechanism’. Let’s give an example of how this may come about;

Let’s say an infant is crying in its cot. It is trying to express its emotions to its care giver. Perhaps it has a tummy ache or is cold or tired and it can only express this discomfort through crying. Then the care giver (who could be exhausted or depressed) responds in anger with the child, shouting at it to be quiet and perhaps shaking its cot. This child, especially if this happens repeatedly, will then learn fear and that it is unsafe to truly express themselves. They may then in turn develop a subconscious ‘safety’ mechanism that it is not safe to express themselves. How could this manifest as an adult? If the adult suppresses their true feelings and doesn’t find a constructive outlet they can become stressed and develop depression. Or the sabotage could come out in another way such as finding it hard to speak up about their needs at work or at home. In relationships they may find it hard to discuss their

true feelings leading to frustration and then either being perceived as ‘aloof’ or acting as a ‘doormat’ to keep the peace. As the subconscious has created a programme that expression is ‘unsafe’ in childhood it will then carry around this belief system in perpetuity. This can feel exasperating later on in life when someone may consciously want to move forward and yet their subconscious mind sabotages this. In adulthood someone may have gained the necessary emotional maturity to consciously move forward but have not gained the subconscious safety and so feels sabotaged by their own mental processes.

Another way the subconscious sabotages us is by keeping us in the same emotional place as when something traumatic happened in childhood. This is called arrested development (or fixation). I’m sure we have all heard of someone who when in a certain situation feels triggered in to the same mental state as when they were say, bullied as a child. Most of us can relate to this at some point. We may physically age but certain set of triggers keep us stuck in the same emotional replay as when we were a child. This is because the mind hasn’t been able to move on from the situation as it couldn’t process it at the time and therefore the psyche has become ‘stuck’.

So what is the answer? Does the subconscious always win like the initial quote suggests? The good news is that even if we have experienced something unsafe, negative or traumatic at any point in life we can move on... if we gain enough understanding and subconscious safety to release it. In times past this process could involve shamans developing initiations to gain further insight or some native cultures went on a ‘vision-quest’ to find enlightenment. In our era though we have a range of therapies at our disposal to help us find our way back to whole-ness. In Block Clearance Therapy we can look at any individual trauma, negative safety mechanism, emotional trigger or destructive pattern someone is carrying so they can process this and let it go. We do this by tracing its root back in to the subconscious mind and healing it at the base. Then affirmations are used afterwards to help the psyche turn the negative ‘block’ in to a positive solution. There is the hope to end the mental tug of war and replace it with mental co-operation.