

YOUR FALSE

Love
identity?



Learn more...

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Learn how your 'false love-identity' has been impacting you getting your needs met, in your romantic relationships.

For many of us, the part or parts of ourselves who begin to 'run the show' in our romantic relationships, are much younger parts of ourselves.

When we are young, we form beliefs about ourselves, other people and life, in reaction to events and relationships we experience, especially within family and with principle caregivers.

This belief formation is particularly potent when we experience as children feeling under valued, shamed, rejected, scared, or not accepted and celebrated.

These young experiences can be internalised as traumatic (emotionally overwhelming) if we are not given loving processes at the time, through which we can release the emotion that has arisen within us.

If we are not soothed by a loving caregiver at the time, we don't learn the life-skill of how to soothe ourselves effectively and healthily.

Instead we take on a belief about ourselves, that gets formed in our sub conscious, in reaction to the challenging event or ongoing relationship dynamic we experienced. This belief might be 'I am unlovable' 'Life is scary' 'Other people matter more than me' 'I am alone' or 'I am not worthy' to name but a few.

This belief then becomes part of our 'false love-identity' which we carry with us into our adult lives.

We often have several beliefs which can form our 'false love-identity' and it is especially prone to being activated within our adult relationships, when we experience disappointment.

The false love-identity subconsciously serves as a kind of blueprint that we build or generate our romantic relationship from.

We cunningly and magically create circumstances which will 'match' or make congruent sense of the blueprint. This familiarity (between our inner belief 'cocktail' and our outer circumstances) is what we code as desirable or acceptable. Because it is matching what we experienced and internalised as our identity, as children.

One of the most significant impacts within a romantic relationship of our false love-identity, is on the way we get our needs and desires met.

If we have a belief of 'I am not worthy', then we might disappear or negate our needs, desires and feelings. By not articulating or navigating effectively for our needs to be recognised and met, we are reconfirming to ourselves that we don't matter. We are effectively re-traumatising ourselves by re-establishing the identity we formed about ourselves, when we were younger.

This cycle of experience will continue, until we shine a light on the beliefs within our false love-identity, in our sub conscious, that we are still holding.

We learn how to self-soothe the younger parts of ourselves who are carrying those beliefs; We then establish and anchor into what the deeper, actual truth about ourselves actually is.

This process of identifying and releasing the false love-identity, in order to enable us to graduate and consciously have our needs and desires met within a romantic relationship, is just one element of the 'Calling In The One' course. It truly is life-changing!