



Faulty Programming – Did you Unknowingly Marry Your Father?

Turning The Mirror back on Yourself

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Published in Honestly Woman Magazine

Introduction

Despite becoming career oriented and independent, in matters of the heart, our lives are still run by the same insecurities, fears, and expectations that ran women's lives years ago. Most of us want to believe that our partner will "complete us". Until you fully grasp and understand that relationships are a mutual experience of growth, then you will not find inner contentment or feel truly connected to your partner. We need the courage to dismantle our walls and rebuild a positive self-image based on truth. If you only see a problem with your partner, you will not have the courage to look beneath the surface at yourself, where you just might find a woman filled with fear. Fear of being hurt, fear of not being good enough, fear of being needy, fear of being helpless.

We are all looking for unconditional love. Most of us never get it. When we fall in love we think, "Now, finally, here is someone who will give me the (unconditional) love I've always wanted." So we marry. Then it starts---because we're not programmed for love. Instead, we are programmed to duplicate our earlier childhood relationships with significant male figures. Because of this programming, even if we found someone who loved us unconditionally, we would have to push them away. How can we attract what we are not programmed to receive? We can't---until we take a conscious look at what we are programmed to attract. Only then can we change our lives.

SIGNS THAT THE PAST IS INFLUENCING YOUR RELATIONSHIP

If you engage in any of the following behaviours in your relationships, it is a sure sign that you are being driven by some faulty tape recording that has been implanted from long ago...Do you.....

- Play the victim;
- Play the martyr;
- Act helpless / incompetent;
- Act angry / throw temper tantrums;
- Say "*anything you want*" when you don't mean it / act compliant when you don't want to and/or lie about how you feel;
- Act suicidal or depressed;
- Act hopeless / pathetic;
- Use guilt trips / shame your partner
- Act judgmental or ridicule,
- Passive aggressiveness;
- Act hurt or wounded, ignored or forgotten, unloved or uncared for, or act as if you don't have value or worth
- Blame your partner for your problems misery

Where do Negative Tapes Begin

Given the theory that *Thought Attracts*, you will continue to attract partners who reflect your belief about men generally, and specifically, your thoughts about yourself in relation to getting your needs met, until you uncover *your* unconscious faulty programme. So, instead of holding up a magnifying glass to your partners faults, and using manipulative behaviours to get what you want from a loving relationship, you can begin to think instead in terms of using your partner as a mirror to your own fears and the parts of you that need healing. Here are some of the tapes that clients often find they have been unconsciously playing which have created a self-fulfilling prophecy for them....

- I am fearful of being hurt by a man?
- I am lonely even when I'm in a relationship?
- There something wrong with every man who comes into my life?
- I always pick men who are unavailable in some way?
- My partner makes me feel like I am unlovable?
- Our relationship would be great if only he/they would change?

The Role of Past

There has long since been a link between your earlier relationship with your father and your ability to attract mutually loving relationships with men as an adult. A daughter's relationship with her father is usually her first male-female relationship. From Dad, little girls gain their first reflection of themselves as a female. Hence, you develop a sense of acceptance or non-acceptance; you feel valued or discounted. Self-respect is initially based upon respect received from others, so your self-concept as a female person is largely shaped by this early relationship. In short, as a child you regarded yourself as you thought others regard you... and Dad is an important person in your life.

It can be difficult to understand how the past relationship with significant male figures in your childhood fits into your adult relationships. You may be saying, "*my father was an alcoholic but my husband doesn't touch a drop of alcohol*". Or "*My father physically abused me, but my partner is as gentle as a lamb*". While this may be true, what is actually being replayed/replicated is not the physical behaviour, but the emotional relationship with your father. How you feel about yourself as a woman, and by association how you are treated by the partners you attract, goes back to how your Daddy treated his Little Girl and how it left you feeling about your worth then and now. Look at the list here and think first about your relationship with your father, then make the association to your current partner and previous relationships. Did your father

- listen to what you had to say?
- respect your opinions and welcome your contributions to the conversation?
- ask you for input regarding family issues?
- treat women as equals?
- respect your mother and show her affection?
- participate in family functions or did his work come first?
- participate in your school activities?
- keep his promises?
- act aggressively or abusively to you or your mother?
- Spend life challenged by addictions (to alcohol, drugs, gambling etc)

Ask yourself now if you have a propensity for gravitating to partners like your father? Are they usually kind and loving, or are they uncaring or abusive? Being treated in an abusive way as a child diminishes your self-worth and thus your expectations of yourself and the way others should treat you. You forget that you deserve choices in your life, and tend to accept whatever circumstances befall you. Moreover, as most abusive, aggressive men are naturally attracted to women they can easily dominate – due to their own unresolved issues - your diminished self-image makes you a target for abuse. This only reinforces the cycle of reduced self-worth and abuse.

You may still be thinking that your past wasn't that bad, and your memories may not be very strong or they seem inconsequential to your present relationship difficulties. But the *wounded child* in you – the child who could not reason like an adult when injustices came - continues to respond and

react in every aspect of your adult life. Don't underestimate the power of unresolved wounds, no matter how small they might seem in our adult minds. They can cause you to attract partners who mirror the parts of you which have been denied healing until, through conscious awareness, you recognize and give voice to the hurt.

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