

Chapter 5

Wyatt's Transformation

In order to become fully human, we need to go through the process of learning to accept that we are unique, and that no other person on this earth was created with exactly the same combination of attributes, talents, preferences, and looks, nor with exactly the same mixture of strengths and weaknesses. We are indeed incomparable to anyone except ourselves, which makes the competitive race with others such a futile endeavour. Wyatt is aware of his exceptional and unique stature as a loving, caring young man, who would lay down his life for his friends. He did however neglect the fact that he is human. For a moment, he had forgotten that he is not beyond the weaknesses, emotional constraints, and fallibility of other human beings. Humans are often captivated by insidious ideals which compel them to pursue elusive goals that require super human strength, may mutilate their spirit, stunt their own growth, and senselessly disperse their energies. Wyatt was pursuing a woman, whose past and present circumstances imprisoned him in the role of saviour. Without the appropriate resources to heal the complexities of sexual abuse in childhood, his foundations were shaken when the help he gave so freely began to help the victim to grow up. The following story illustrates his process of self-discovery from pursuing the elusive goal of delivering a young damsel from the bondage of abuse through the cleansing fire of love, and then being caught in the dilemma of being unable to forgive her for sexually betraying him, and thereby contributing to severing their relationship.

Wyatt's Story

I was accepted into the Master's program by one of the major Universities. I was 25 years old at the time, and my parents helped me transport my personal belongings to the big unknown city. I had almost no time to settle in, since the accommodation I had arranged prior to my arrival turned out to be totally impossible to live in. This state of affairs lead me to look for alternative accommodation. Instead of settling in and unpacking my bags I was hunting for a place to stay. When I did eventually find something suitable, I had to practically begin my first Master's class without having unpacked anything. My parents left the same day, and I was left with the emotional turmoil of leaving home, being alone in a strange city, having no friends, and having to attend classes with challenging contents. However, I soon made friends, joined a congregation of my own denomination, began to sing in the church choir, go to camps, go out, and have a social life. Very soon I had met almost everyone in the congregation. Eventually I was introduced to a beautiful young woman whom I had noticed from the beginning but never had the chance to talk to. Until then she was something of an enigma to me. A few weeks after having been introduced to each other, we became friends, and it was a natural consequence to go out with each other. Lindsey was very beautiful to me, and I saw the potential for greatness in her. The first weeks of being with her were wonderful. She was part of a very closely knit family, with a very protective father. Lindsey and her sister had to conform to curfew times, which to me seemed a rather restrictive way of encouraging adult children to become independent. The family was affluent, since the parents were running a very successful business. They often frequented the restaurants in town, and I was always invited to join them. The strong bond between Lindsey and myself quickly extended towards the mother and the other family members. The family life that I had missed so much since I left my parents' home made me feel comfortable and valued. I loved Lindsey more than my own life, and we decided to keep

the relationship platonic, until we were both sure that we wanted to remain together for the rest of our lives.

Soon after we had begun to date, I began to notice Lindsey's mood swings. When I communicated my observations to her, she confessed her dark secret of having been abused as a child. According to her the mood swings became a part of her life when she began to be sexually abused. Her confession made me feel even closer to her than before, and I was suddenly struck by the realisation that I was her "saviour". My love for her, the fact that she trusted me, and my need for a nurturing family all played a role in my wanting to help her get better. She had been to therapy before, and she was also on anti-depressant medication to regulate her mood swings. I was prepared to stay with her, no matter what. Lindsey however warned me repeatedly that her mental state has never been stable, and that she did not know whether I would be able to tolerate the things she did when she was in her manic phase. I overlooked the warning, I suppose I was too much involved with my work at the University and with my view of myself regarding her. To me it seemed that I had at last found someone who did not believe me to be a "bad little boy", an image of myself that I have been carrying around with me since childhood. We talked a lot, and she told me about her deep bouts of depression, and about her problematic manic phases which according to her made her feel better and served to hide the shame and guilt that she was carrying on her shoulders since she was abused as a child.

I trusted her completely, and I assumed she trusted me, because she had confided in me. For me, trust is the most important aspect in a relationship, and I take trust very seriously.

Since my work required me to travel, occasionally Lindsey and I had to endure separation for short periods of time. The second time I had to do some work related traveling, I made the fourteen hour journey alone by car. By then we had been dating for just over a year

without being apart for longer than a day. Lindsey had made a tape recording of music for me for my journey, and as I traveled along, I somehow felt nothing inside me for Lindsey. To my surprise I could feel anger arise in me. At first I did not know where the anger had come from nor to what or to whom it was directed. Then it slowly began to dawn on me that I was angry at Lindsey. I had been the one who had listened to her problems, fears, hurts, pain, and distress for more than a year, and in all this time, I could not even once express my anguish concerning my work, my fears, my hopes and my dreams for my future to her. She had off-loaded her pain onto me, and now I felt frustrated at having been saddled with all the responsibilities and no joy. Her parents had symbolically handed Lindsey's care over to me, when they realised that I was serious about her. I felt that I had tried very hard to help her overcome her bipolar disorder, by even going to therapy with her. She phoned me en route on my cellphone, but seemed to have nothing to say except that she was having a good time going out with others, and that she had eventually had the courage to have sexual intercourse with a strange man. I felt devastated and deeply hurt, since we had made a joint decision to wait for each other. I had been faithful to her all these months but she had betrayed my trust, and for the next three days I did not return her call. My anger became more intense, and I could feel a tightness in my chest, clenched fists with nails digging into my palms, and a piercing pain in my heart area. As I thought about our relationship in my state of anger, I realised that she had become what I had wanted her to become - independent. My intention had however not been to make her independent of me. I felt responsible for her, I loved her, and love for me means that Lindsey is more precious to me than I am for myself.

When I returned home, I asked her to meet me at my place, so that we could talk and try and work it out together. My decision to forgive her and to try again to work things out was the result of a prayer. I felt urged to forgive. From her response, however I somehow knew inside that we were not going to remain friends the way we had in the past. My intuition proved to

be true, shortly after my return, we split up amicably - but the hurt and pain remained.

Our relationship had lasted 18 months, and it has been more than a year now since the break-up, but I still feel anger rise in me when I see her at church or at choir practice. However, when I am alone I am overcome with loneliness and pain. I still feel this deep connection with her, and I don't want to let go of her. There is a wedge that has been cut out of my heart since we broke up, and I feel like a stump, with parts that have gone. Losing her also meant losing the comfort of her family. When we broke up, I was alone again in a big city without a support network, and without feeling loved by anyone except my parents and God. Since the breakup, I have begun to build up a support network, and my life has been blessed in many ways. However, I still cannot let go of Lindsey.

After having lived through this story of deep emotional hurt, I was touched as deeply as if I had experienced it myself. Putting myself into Wyatt's shoes, and identifying with him in his situation, I felt the way he felt at the time, and I can feel the way he feels now. Not wanting to let go of someone he loves deeply is very painful, and the painful sensations he experiences in his body make life unbearable. The pain he is presently experiencing can be understood as the emotional messages his body is communicating to him that something needs to change in his thoughts, and feelings. Thoughts, feelings, and behaviour are involved in the process of forgiving, and therefore, forgiving Lindsey becomes central to returning to a pain free state. Wyatt tried to forgive her during the past months, but his anger seems to sabotage his attempts. His past failures in forgiving on his own had motivated him to try and do it with the help of another person, and that is how he found me.

The facilitation process for forgiving Lindsey involves the practice of NLP, which will follow now. The dialog between Wyatt and myself, and the NLP intervention strategies that were employed for changing his thoughts, feelings, and his behaviour, will be documented. The actual therapeutic conversation is thus reproduced as it occurred in reality during the

storytelling / interviewing / action research situation. After the presentation of the therapeutic intervention, the relevant explanation, and/or demonstration of the intervention strategy will be presented. The data gathering process, and the facilitation process sometimes occurred simultaneously in the real situation, but in the documentation of the whole process, telling the story and documenting the interventions are separated for a coherent understanding of the story.

NLP Interventions

The facilitatory verbal dialog between Wyatt (W) and myself (B) is represented in upright print for my words, and in *italic print* for Wyatt's words. My comments on my observations of Wyatt's behavioural and bodily communications are indicated in bold upright print in brackets, for example **(looks down to the left)**.

B Thank you Wyatt, for telling me your story. You said you noticed during your trip the feeling of anger arising within you. You also noticed the anger was directed at Lindsey. What was it that made you angry towards her?

W *The fact that I sacrificed my life for her by listening to her confidential stories, supporting her, accompanying her to therapeutic sessions, and always being there for her, without expecting anything from her, and without receiving anything from her.*

B How did you feel when you realised that you got nothing in return for your efforts?

W *I felt good about myself as her saviour, and at the same time bad about myself for having been betrayed.*

B How does 'having been betrayed' make you feel bad about yourself?

W *Uhhh! **(pauses)** I have never felt better about myself than being with her. Now that she has betrayed me, I again feel like the bad boy I have considered myself to be all my life.*

B In what way can her betrayal make you feel bad? Do you think she is responsible for your feelings?

W **(Slowly)** *No, I don't think so. I am responsible for my own feelings.*

B Is there a possibility that your anger is misdirected?

W *Yes, if I think about it clearly, I am angry with myself.*

B Can you go inside to the place where your anger is, and find out for sure, whom you are angry with?

W **(Speaks with closed eyes)** *The anger is here (points to his throat where the voice box sits), and I feel hurt and betrayed.*

B Can you stay inside and sit with your anger for a while? **(After a little while)** Can you tell me what you notice?

W *She does not know I am angry with her, because I am always nice to her when we are together.*

B Is there anything else you notice?

W *The anger is hurting me.*

B Can you find out inside yourself what the anger wants to achieve by hurting you?

W *It wants to protect me.*

B In what way?

W *Getting hurt from not being loved in return.*

B Can you thank that part for giving you this valuable information?

W *Uhhh. I have done that.*

B Can you come back to the present for a while?

(Wyatt opens his eyes, looking around the room.)

You now know at whom your anger is directed. Can you begin to understand how your anger is trying hard to protect you from getting hurt? There is a part within you that knows that sacrificing your life for another person is bad for you, and it seems that part is trying to protect you by being angry.

W *Uhm. It makes a difference to see it that way.*

B You thought you were going to save Lindsey. From what did you want to save her?

W *Basically from her trauma of the abuse that she had suffered, and also from this string of unfortunate relationships with men who all had abused her in certain ways.*

B How did you envisage saving her from something that happened to her in the past?

W *I loved her more than my own life, and I therefore wanted to show her how true love differs from abuse, and how a man who truly loves her differs from a man who wants to use or abuse her.*

B What is the difference?

W *I now realise that I related to her as someone on whom I could try my newly acquired psychological skills. She also made me feel I wasn't the bad boy.*

B How did she do that?

W *I was helping her, and that made me feel good, because I was doing good.*

B Does doing good release you from being a bad boy in your own eyes?

W Yes.

B In what way is her betrayal connected to your doing good?

W **(Uhhh)** *That is a good question.*

B Go inside and find out what it is that makes you feel good when you do good, and what makes you feel like a bad boy when she betrays you.

W *When I do good, I feel like an adult. Nobody reprimands me when I do good, so I feel good. When she betrayed me I felt bad. That feeling I knew from when I was a child and I was scolded for having done something I should not have done.*

B So you equate feeling bad as a result of a betrayal with feeling bad as a result of having gone against your parents' wishes?

W *Yes, it seems like it.*

B It seems there is a part of you that does not know how to distinguish between something happening to you from the outside, like being betrayed, and something you have initiated yourself, like going against your parents' wishes.

W *When you say it that way, yes, it makes sense.*

B Could it be that you are still wavering between deciding whether you are a child or an adult?

W *Yes, that is true. When I bungle I feel like a bad boy, and when I succeed I feel like an adult who does good.*

B Can you go inside and thank the parts that gave you these valuable insights?

W *Yes, I have thanked them.*

B Do you know adults who never make mistakes?

W *No, (with a questioning voice)*

B Do you think it is humanly possible to never make mistakes?

W *No. (in a firm voice)*

B Is it possible to stay with being an adult, and silently observe yourself as an adult doing good and doing not so good, knowing all the while that making mistakes is human?

W *Yes, I can do that .(with energy in his voice)*

B Choose real life situations in which you were doing good and doing not so good, and tell me what you see, hear and feel, while you are watching yourself.

W *I see myself doing good, and it feels good to be an adult when I do good. When I see myself doing not so good, I can hear myself thinking ‘what did I do wrong here, and how can I do it the way it should be?’(this is the real problem)*

B Do you feel anything, like being a bad boy?

W *No, there is no feeling at all. All I am thinking of is how to solve the problem.*

B Good, it seems you are experiencing being an adult in good and bad days, and you have acquired strategies to deal with problems in an adult way. Is it possible to check, whether you are a fully functioning adult now, and how you would now deal with being betrayed?

W *OK!(closes the eyes)*

B What are you hearing, seeing, and feeling?

W *I am hearing myself say, ‘good, she is finally becoming independent, I did achieve something’.*

B **(I see him swallow hard)** Are you feeling anything?

W *Yes, the hurt is still there.*

B OK, bring your attention back to this room now. **(W opens his eyes)**
Are you OK?

W *Yes, but it still hurts the way it did then, and it is now more than a year ago when this happened.*

B Do you want the pain to stop?

W *Yes, very much so.*

B What would be different in your life if the pain had disappeared?

W *I would be much more comfortable, and it would be a great relief.*

B Would it have a negative effect on anyone including yourself? Check carefully whether the disappearance of the pain would be detrimental to someone or something.

W *No, it cannot harm anyone.*

B Are you ready to let the pain go?

W *Yes.*

B Let's begin by going back to an incident in your recent past, when you saw Lindsey at church, and your pain surfaced. Notice what you felt, and where this feeling is in your body.

W *When I spot her in the crowd, I feel this pain. It is mostly in my arms and here.*
(W strokes down his arms and points to the chest.)

B Is there anything you see, while you feel the pain?

W *No, I only feel the pain, and I want to go to her, because the connection is still very strong.*

B Wanting to move towards her, but not being able to move towards her as a result of the break-up is painful for you. How would the situation be better for you than it is now?

W *If I could walk up to her and talk to her in a natural way without this pain inside my chest and down my arms.*

B Was there a time in your past when you could walk up to Lindsey and talk to her without

feeling any pain in your arms or chest?

W *Yes, I could.*

B Can you go back to that time and notice what you see, hear and feel, as you walk up to her, and talk to her?

W *I can see her standing there, and I walk up to her, and I can hear the others talking.*

B Is there anything you feel?

W *Yes, I feel attracted to her. She is very beautiful to me.*

B Is this the way you want it to be when you meet from now on?

W *No, I just want to be able to talk to her without being drawn to her so strongly.*

B Where would that feeling be if you had it the way you want it to be?

W *Here (W points to his throat and head.)*

B As I understand you, you would like the connection to be on an intellectual level?

W *Yes, I would like that.*

B Can you select a time now when you would happen to meet Lindsey, and you are able to go up to her, and talk to her on an intellectual plane, as you used to a long time ago? Tell me when you have completed the interaction.

W **(After some time)** *I have talked to her as in the olden days.*

B Did you feel any pain anywhere, while you were speaking?

W *No*

B Just to make sure that you know how to be when you happen to meet again by chance, choose another incident in the future where you go up to her, and talk to her intellectually, and let me know when you have completed the conversation.

W **(Closes his eyes and says after a while)** *It is complete.*

B How did it feel this time?

W *It felt as if I have a platonic friendship with her, but no intimate connection.*

B That sounds good! Is that the way you want it to be, or do you want to change something?

W *No, I don't want to change anything.*

B OK, I think it is best that you rest well tonight, and over the next few weeks, you are going to check if your behaviour and your feelings towards Lindsey are the way you want them to be. You will also check if you need anything else to make you more at ease in her presence.

W *I am absolutely exhausted!*

B Yes, this process is an inner process which includes the physiological level, and the emotional level, apart from the cognitive level. What makes it so exhausting, is the fact that major shifts in thoughts, feelings, and behaviour are taking place simultaneously, and you need to adjust to your new way of being in your body and mind. That is why it is best to rest now, so that everything we did today can integrate well. When you feel like giving me feedback on how you are doing, phone me for an appointment.

W *OK . Good-bye and thank you very much.*

Eight weeks later

B Hi! How are you today?

W **(His eyes are less piercing, and his movements less jerky)** *I am amazingly well, thank you. (Speaks and moves with fluidity)*

B Would you like to tell me about what makes your being well so amazing?

W *Yes. I can't understand what you did that makes me feel so different!*

B In what way do you feel different?

W *It is strange, but it is as if I have this peace inside me that I have never felt before.*

B Really? That sounds good to me. What is it like for you?

W *It's different, it is like I do things, but I don't feel I am pressurized to do them.*

B Did you feel pressurized before?

W *Yes, I always felt I had to do something in order to make myself feel good. Now, I don't feel I have to do anything anymore to make myself feel good about myself.*

B To me, that sounds like a very comfortable way of being. Do you feel you have lost

something, that you would have rather wanted to keep?

W *No, it is just so unusual to feel this way and still be effective in what I do. In actual fact, it seems I am now more effective than before. It is just that I don't understand what you did that can have such a great impact on the way I am functioning now. (He sits there with a questioning face and a wrinkled brow)*

B Wow! That is fantastic!

All I can tell you is that I assisted you in going through a process in which you let go of dysfunctional feelings that were diverting your attention from whatever you were busy with at the time, and these feelings you have now decided to let go. Dysfunctional feelings have an effect on your whole system, and they divert the energy which is necessary to complete a task towards an incident in the past which constantly commands your attention.

W *That is a very interesting process. But what did you **do**?*

B I didn't do anything, **you** are the one who let go of those feelings that were trapped in your body. All I did was divert your attention from holding onto those feelings with all the muscles in your body, and to focus on the way you want to feel.

W *It sounds so easy when you say it like that.*

B Yes, it sounds easy, and it is easy, once we know what to do.

W *But I still don't understand that I didn't feel anything!*

B You were busy working very hard. That's why you didn't notice, and that is why you were so exhausted when we had completed the process.

W *That is really interesting. (Stares ahead, with lips together and mouth pulled straight across, nodding slowly)*

B Well, now that you have achieved a higher level of functioning and are able to employ your emotions in an appropriate way, have you thought about forgiving Lindsey for betraying you?

W *I think I have already done that.*

B How do you know that you have forgiven her?

W *I don't feel angry towards her any longer, because she had to let go of me in order to grow up and to become independent.*

B Really? When did you find that out?

W *Now, when you began to mention it. She needed to grow up, and she could only do that by separating from me, even though it had not been my intention to make her leave me. I saw myself as her saviour, and now she has achieved independence as a result of my therapeutic input.*

B Yes, you did a very good therapeutic job! But do you want to have a therapeutic relationship with your wife for the rest of your life.

W *No, but I did not see it that way before.*

B You became angry in the car when you listened to the music she had recorded for you. Music has a way of making us emotionally aware of the parts that are hurting. It also overrides our thinking, and we are made to feel, and what you felt in the car, was a massive energy drain as the result of a one-sided relationship.

W *That is true. But I only see that now.*

B Well, then her betrayal has also had the purpose of rescuing you from a draining relationship.

W *Yes, I can see that now.*

B What else makes you notice that you have forgiven Lindsey?

W *I wish her no harm. In fact I hope she will find someone with whom she can be happy, and that she can solve her problems. She has such potential for greatness, and I would very much like her to achieve her potential.*

B You seem to be interested in re-educating people. Have you thought of a career in teaching?

W *Now that you mention it, yes. The only thing that bothers me is that teachers earn too little.*

B Are you interested in earning a lot of money?

W *Yes, I am interested in business, and maybe when I have finished my Masters*

degree I can try to get a job in a large business.

B Is that what you are interested in? To work for a large business?

W Yes.

B While you are here now, is there anything else you would like to change or improve in your life? It can be anything you would like to be or do in a better way, or something that can help you reach your goal to work for a business and earn a lot of money.

W *I think I first want to finish what I am busy with at the moment, before I can start a new project.*

B That is fine. You know best what you need at this moment in time.

At this point the session was complete, and we diverted our attention to other issues that had nothing to do with forgiving Lindsey.

Three weeks later

B Hello Wyatt! I haven't seen you for a while, is everything OK?
Would you like to come inside and give me some feedback on the way it's going with Lindsey?

W *Yes, I can do that. I did meet Lindsey on two occasions, and every time I saw her she was like any one of the other girls. I did not feel any different towards her than towards anyone else. There were absolutely no feelings left that gave me a painful feeling in my arms and chest.*

B That is very good news! Was there perhaps anything else that bothered you when you met?

W *No, nothing at all.*

B Is there something you still need to do before you can let go of the incident?

W *No, everything is fine the way it is now.*

B OK, then it seems that everything is fine for you now that we know that you have forgiven Lindsey. You can always call me, should you feel you need assistance with this

issue.

W *Thank you very much for everything! I really find this process fascinating.*

B And thank **you** for your contribution towards my study, I really appreciated the fact that you gave me your time. Bye-bye, and keep well.

W Bye!

The therapeutic intervention is complete, and Wyatt has forgiven Lindsey for having betrayed him.

NLP Strategies and Comments

My comments on the process, and the NLP strategies that were employed during the facilitation process will be presented now.

By pinpointing Wyatt's feelings of anger towards Lindsey during his trip, I zoomed in on the spiritual aspect of Wyatt's astonishment concerning the origin of his anger. From the telling of his story, it is evident that he was stuck on a level of understanding that did not fit with his reality of who he is, what his role is with regard to Lindsey, and what his spirit was pointing towards. By asking him to verbalise the underlying reason to his feelings of anger, I facilitated him to consciously uncover an unconscious connection between his feelings and his thoughts.

Wyatt had never verbalised his feelings when doing good without receiving anything in return, and I helped him to bring these feelings to consciousness. By doing so, an incongruence within the realm of feeling was uncovered. Feeling good and bad simultaneously creates ambivalence within the realm of spirit, since our spirit consolidates our thoughts, feelings, and behaviour in a way which promotes the fulfillment of our spiritual purpose (Nicholson, 1995).

Systemically, Wyatt was stuck on the emotional level, creating a homeostatic imbalance between the other levels of his system. His stuckness with the resulting imbalance in his total system brought out his anger. Since anger is an emotion, I knew that the problem must lie within the realm of emotion. Therefore my first intervention converged upon uncovering the possible reasons for his anger.

Feeling good about himself as a saviour, and at the same time bad about himself for having been betrayed, indicated to me that Wyatt was simultaneously stuck on the emotional level and on the cognitive level. My next question therefore served to uncover possible illogical connections between feelings and thoughts. Wyatt reveals such an illogical connection by stating that he has never felt better about himself than being with Lindsey, which presupposes that Lindsey's presence has the power to make him feel good or bad. The fact that he feels like the bad boy of his developmental years after her betrayal intensifies this illogical connection, by amplifying her power as paramount for saving him from the bad boy feeling of his childhood, and transforming him into the good boy of adulthood.

Having verbalised these incongruences, together with my direct question as to whether he thinks that Lindsey is responsible for his feelings, it slowly dawns on Wyatt that what he knows (he is responsible for his own feelings), and what he felt (that Lindsey was responsible for his feelings) were incongruent with each other, and that his anger is directed towards Lindsey, but generated from within himself.

The following intervention is based on the assumption that the incongruency between Wyatt's thoughts and feelings prevented him from working through Lindsey's betrayal. By tracing his feelings of anger back to his covert feelings with regard to himself as the bad boy growing up, and his overt behaviour as the nice adult, he realises that Lindsey cannot see his covert feelings despite the fact that he feels she has the power to make him feel good or bad. The presupposition upon which the following intervention is based is the uncovered incongruency between Wyatt's thoughts and his emotions. My question as to the possibility of misdirected

anger leads Wyatt to the clearly lucid realisation that his anger is generated by himself and not as he had previously felt, generated by Lindsey. Making Wyatt go inside himself to make sure where the anger is, is a kinesthetic anchor for retaining the newly learnt cognitive insight by connecting it to his behaviour. By pointing to the physical locations (throat and voice box), he is taking ownership of his anger on the behavioural and cognitive levels. He also realises that his anger is the result of feeling hurt and betrayed on the emotional level. When one learns for the first time, as in Wyatt's case, that one feels hurt and betrayed, and angry as a result of those feelings, it makes sense to allow the individual to remain within the situation on the behavioural level, and with those feelings on the emotional level (Christianson, 1992). Asking Wyatt what he notices, links emotions and behaviour to the cognitive level, and Wyatt has an aha experience by realising that his feelings of anger and his behaviour of being nice to Lindsey, contained another incongruence, which led him to come to the conclusion that his anger was directed at himself. By being in the situation and experiencing the feelings of anger, he learns that the anger is directed at Lindsey, but his overt behaviour negates those feelings towards her. He also learns a very important piece of information, namely that the anger directed at Lindsey ricochets to hurt him, in order to alert and protect him from getting hurt from not being loved in return (Nicholson, 1995). This important piece of information is crucial for Wyatt's transformation. By integrating the newly learnt realisation on the behavioural, emotional, and cognitive levels, and experiencing the intention of his feelings of anger, he begins to recognise the benevolence of his integrated core (Andreas and Andreas, 1994). Gratitude, respect and reverence for the emotional part that presented him with this information is strengthened (anchored) by my instruction to Wyatt to thank the part. The fact that Wyatt had closed his eyes when I asked him to go inside is a natural response to being asked to visualise one's own feelings. Seeing what we feel is a compound perception (synesthesia) which allows us a glimpse at the ingenious functioning of our own mind in the face of incongruence. With his eyes open, Wyatt is back on the thinking level, and I summarised what he had told me he had seen while he was associated in his feelings. In this way he could grasp the newly acquired insights on the cognitive level, thereby integrating his new understanding on the emotional, cognitive, and spiritual levels. He confirms that it did make a difference from

his perspective to see it that way. Now that the cognitive and emotional blockages had been cleared away we could proceed with our exploration of Wyatt's inability to forgive Lindsey.

When I asked Wyatt what he wanted to save Lindsey from, I intended to unearth his rationale for assuming the role of saviour in her life. Seeing himself as a saviour presupposes that she needed to be saved from something or someone, and that she was lost. Wyatt's answer reflects a contraction of time, by merging past and present into one. He intends to save her now from something that happened to her in the past. He therefore ignores the fact that the past has passed and is untouchable. He also ignores the fact that he cannot act now in a particular way that is contrary to what happened in Lindsey's past, and thereby undo the damage that was done to her then by other individuals of the male species. His answer clarifies his understanding of what saving Lindsey means. His intention was showing her the difference between a man who truly loves her and one who wants to use or abuse her. This presupposes that he knows what it is like to be loved by a man who uses, and abuses women, and that he knows what it is like to truly love a woman. To verify his understanding of those presuppositions, I asked him for the difference between a man who loves and one who uses or abuses women. His answer reveals a discrepancy between his intention and understanding of what he claimed to do and know (cognitive), and what he actually did (behaviour). Becoming conscious of the discrepancy made him realise that he was also one of the men who was using her to try out his newly acquired psychological skills. As for his feelings of not being a bad boy, his identity level was directly linked to his feelings, which I chunked up through a series of questions to reveal the logical sequence of the individual steps without simply ignoring other important steps in the process. The end of this process revealed another logical error. Wyatt realised that he was equating his self initiated bad behaviour in his childhood, which made him feel bad when he was scolded by his parents, with feeling bad as a result of Lindsey's betrayal, an external event over which he had no control.

By integrating the parts of Wyatt that had developed and those that had remained

underdeveloped, he managed to sort out the puzzle of his present understanding of himself, by seeing himself as a bad boy under conditions of failure, and seeing himself as an adult under conditions of success. Within the emotional realm, he had a polarised view of good and bad, which was illogically linked to a polarised view of adulthood and childhood respectively. In the cognitive realm he was fully aware on the conscious level that adults do make mistakes. By asking him to stay in the realm of adulthood (his present state in which changes can be made), I facilitated a transformation from the childhood feelings about adults as faultless beings, to adult feelings with regard to adults as being human by doing good, doing not so good, and making mistakes. Asking him whether he can integrate the aspects of good, not so good, and making mistakes as parts of adult behaviour, elicited an energetic positive response from Wyatt, which is a sign of his eagerness and will to change. By asking Wyatt to choose a real life situation in his mind and watch himself doing good, doing not so good, and seeing, hearing, and feeling what is going on, I intended to anchor his integrated newly learnt way of being an adult on the visual, auditory, and kinesthetic levels of human experience. He responded like an adult. He reasoned like a well-adjusted adult when he was faced with doing not so good in his reality based vision of himself by telling me: "I can hear myself thinking 'what did I do wrong here, and how can I do it the way it should be'?" I tested the success of the intervention, and found that the negative self-referential feelings had disappeared, and all he thought about in that situation was how he could solve the problem.

Becoming associated by hearing, feeling, and seeing himself in the problematic situation needs to be accomplished in order to test whether the transformation has changed his thoughts, feelings, and behaviour in that situation, as if it were happening now. Wyatt's answer to being betrayed now, revealed that he responded like a therapist, by rejoicing about having achieved something good. His body however manifested with painful emotions, which he wished would disappear. On a conscious level he wants the pain to stop, but before something is taken away one needs to make absolutely sure that whatever is taken away is ecologically harmonious for the entire system in interaction with the surrounding systems, without harming anyone or anything (Dilts, 1990). I therefore performed an ecology check, by

asking what would be different in his life if the pain had disappeared. His answers satisfied my need for an ecologically harmonious outcome, which led me to perform mapping a problem state across by transferring existing positive behaviours to the problem state, a procedure for erasing unwanted disruptive painful emotions by substituting functionally enhancing positive emotions (Cameron-Bandler and Lebeau, 1986).

Wyatt was asked to access the problem state. He went back in time in his mind, seeing Lindsey at the church, and feeling the pain in his chest and arms. He sees nothing, but feels the pain and is motivated to go to her. He still feels a very strong connection between himself and Lindsey. Wyatt was asked to associate into a resourceful state. He wanted to be able to walk up to her and talk to her without feeling the pain. Wyatt had been in his desired resourceful state with Lindsey in the past, and I asked him to associate into the past state. He was asked to notice what he sees, hears and feels as he walks up to her. He felt strongly attracted to her which he wanted to disappear. He was asked to locate the feeling he would need to interact with Lindsey without the strong attraction towards her. He pointed to his throat, which represents talking, and his head, which represents thinking. He agreed with me that he wanted an intellectual interaction. The anchoring of the desired state occurred on the visual and kinesthetic levels.

Testing occurred by asking Wyatt to choose a time in the future when he would meet Lindsey using the newly acquired behaviour. His feedback was positive and he liked the way it was occurring.

Anchoring his desired state in the future for eliciting the desired behaviour spontaneously when he would meet Lindsey, occurred by asking him to associate into another desired future state. The feedback he provided was that he did not want to change anything.

I asked him to observe and check whether his behaviour and feelings are exactly as he would like them to be when he encounters Lindsey over the following few weeks, and when he would be ready to give me feedback we could meet again.

Eight weeks later Wyatt's feedback consisted of the fact that he was puzzled with regard to what I did, and the fact that he felt peaceful in a way he had never felt before, enabling him to be more effective in his work without feeling stressed.

I anchored the description of his positive experience by calling it a higher level of functioning, and being able to employ his emotions in an appropriate way. I thus anchored his experience of excellence, and linked it to thinking about forgiving Lindsey.

His feedback told me that he had already forgiven Lindsey, which I tested by asking him how he knew he had forgiven her, thus future pacing the symptoms of having forgiven. The anger had disappeared, he wished her no harm, recognised her potential, and wished her to achieve her potential. He reasoned from her perspective by understanding that she had to let go of him to grow up and become independent. None of these insights had he seen in this light before the interventions were made. He could also see now that her betrayal had the purpose of rescuing him from an emotionally draining, one-sided relationship (the spiritual purpose for the betrayal).

Three weeks later, Wyatt had completely forgiven Lindsey. His positive behaviour and feelings were still intact after having interacted twice with Lindsey in his personally desired way.

Wyatt's story and process towards forgiving Lindsey highlights the blocks that occurred within his thoughts, and feelings after he had been betrayed. Being stuck on the cognitive, and emotional levels prevented him from forgiving Lindsey. These blockages needed to be removed before forgiving could occur. It also seems that in the event of optimal development forgiving would be a natural consequence of coping with the pain and hurts that we may encounter throughout our lives, and in such a case forgiving could occur spontaneously. After the facilitation process had unblocked Wyatt's emotionally and cognitively stuck states forgiveness did occur spontaneously without further intervention. The ability to forgive also had some unexpected positive outcomes for Wyatt. His uniquely personalised learning tasks lead

him in the right direction for exploring possible steps towards finding his life's purpose.

NLP interventions are comprised of a respectful attitude coupled with an elegant way for bringing about change in the realms of thought, feeling, and behaviour. Exercising this procedure with a respectful attitude towards the client within his context, and with regard to his/her spiritual purpose makes NLP one of the most powerful instruments for healing.

An analysis of Wyatt's story will be presented now to conclude this chapter. Discourse analysis is used as a means to think with the story, and to link the events from the story with the theory that explains the real situation. The thoughts, feelings, behaviour, beliefs, values, and meanings that Wyatt attributes to certain events in his past life and present context inform his behavioural and ultimately his life choices. These choices in turn assist him with being able to forgive Lindsey.

Discourse Analysis of Wyatt's Story

Wyatt is a very sociable person. He has, and maintains positive relationships with an array of different people across a number of generations. In spite of the stressful and lonely situation he found himself in after having left home and his parents, and having to attend challenging master classes, he immediately engaged in pro-active social behaviour. In order to make friends, he joined a congregation, began to sing in the church choir, went out to have a social life, participated in camps, and soon had met almost everyone in the congregation. According to Buscaglia (1992) we are directly responsible for initiating social contacts. Making friends did not take long either, since he communicates in a specific and concrete way making it easy for others to open up in the face of his enthusiasm for life (Buscaglia, 1992). He was drawn to the beautiful and to the mysterious, and Lindsey fitted the bill. According to Shweder and

Miller (1985), Wyatt chose Lindsey by judging her as superior to other women, with regard to outer beauty and hidden mystery. She had a secret, a very closely knit family, and she was in need of help, all of which appealed to Wyatt's need for closeness, and his ideals to save the world (Shweder and Miller, 1985; Sternberg and Barnes, 1985). Despite the fact that Wyatt's need fulfillment seemed to form the basis of his emerging love for Lindsey, or because of it, he did genuinely love Lindsey. This becomes clear when "he saw the potential for greatness in her", "he wanted her to become independent", and he was "prepared to stay with her, no matter what" Moore (2002), Chapman (1995), Buscaglia (1992), and Sternberg (1986) describe these attributes as attitudes of genuine love towards another.

From the beginning, Wyatt's values dictated his way of dealing with relationships. He conferred and agreed with Lindsey to keep their relationship platonic. He was comfortable with waiting for his desires and wishes to be fulfilled. He was a responsible young man, who could wait, in order to be certain that he and Lindsey were right for each other. As a young Christian, he understood loving another "more than his own life" as an expression of true love.

The image of himself that he had carried around with him since childhood as the "bad little boy" vanished when Lindsey confided in him and trusted him with her life's problems. He felt valued for the first time in his life, but this feeling of being valued had been built on the assumption that Lindsey's confiding in him meant that she trusted him, and loved him. He did however never test the assumption regarding being loved. Trust on the other hand is taken very seriously, and the fact that Lindsey trusted him with the intimate knowledge of her abuse as a child, and her current bipolar disorder, made him trust her. He also built trusting her on the same shaky foundation of an untested assumption, by believing that Lindsey's feelings are the same as his own feelings (Chapman, 1995).

Lindsey cared for Wyatt in her own way. She warned him repeatedly about her unstable mental state, and she made an audiotape with music for him on his long trip. The fact that Wyatt felt nothing for Lindsey when he was listening to the tape was his intuition pointing to a

problematic condition in his life (Jung, 1933). By noticing the anger arise, and by waiting for inner guidance towards whom the anger was directed, and what the reason was for its appearance, he received a message and a hint regarding his relationship with Lindsey (Jung, 1978). The rising anger, and noticing that it was directed at Lindsey, also showed him that he had been available for Lindsey's problems on a continuous basis for more than a year without receiving similar empathy from her side. According to Chapman (1995) his love tank was empty, and Lindsey did not know how to fill it. He also realised that having been emotionally available to Lindsey as her friend, saviour, and possibly also her future husband had lead to his being frustrated (Zukav and Francis, 2001; Spoerri, 1978). Realising that he had all the responsibilities without any joy, that his love tank was empty, and that Lindsey had no intention of filling it made him frustrated (Chapman,1995; Spoerri, 1978). The situation became worse when Lindsey phoned him en route, "but seemed to have nothing to say except that she was having a good time going out with others, and that she eventually found the courage to have sexual relations with a man". Wyatt was devastated and deeply hurt, and when the meaning of her words had sunk in, his anger escalated, he felt "a tightness" in his chest, and a "piercing pain in his heart area". Zukav and Francis (2001) maintain that anger in the chest closes the heart, and in order to heal the pain in the heart and chest area forgiveness is required. Spoerri (1978) understands dynamic growth as being possible only by means of forgiveness. In order to forgive, the assumptions on which our thinking and our emotions rest need to be examined. Wyatt realised that he had achieved what he had set out to do. Lindsey had become independent, despite the fact that he had not intended her to become independent of him. His intention became clear when he recalled that love to him meant that "Lindsey is more precious to me than I am for myself". This belief led him to unwittingly sacrifice his life for her by giving everything of himself without receiving anything in return.

Wyatt's prayer, and his decision to forgive her and to try and work things out, was the result of his deep connection with God and with Lindsey. Although his intuition told him that the relationship was doomed, he was unwilling to let go of her. Authentic power can be achieved

when we align our personality/will with our soul/intuition, but neglecting to do this inner work of uncovering, acknowledging and changing the parts of ourselves, can only lead to a perpetuation of the problems we are currently experiencing (Zukav and Francis, 2001). Wyatt's accompanying emotions are loneliness and pain when he is alone, and anger when he is confronted with her at church, and his unwillingness to live in harmony with his intuition results in pain, loneliness, and anger. According to Zukav and Francis (2001), fleeing from our emotions will necessarily reproduce those same emotions, and disregarding the choice to change our attitudes, behaviours, and/or thoughts will perpetuate the problem which arose from an unexamined assumption. From this perspective, the unexamined life is not worth living, since it only leads to a continuation of the pain that Wyatt is feeling when he says: "I feel like a stump, with parts of me gone", and "A wedge has been cut out of my heart".

Wyatt's feelings of pain, and anger needed to be examined, uncovered, and acknowledged, and the parts of himself that were not aligned with his personality and soul needed to be changed on the cognitive and emotional levels. When his will and intuition were aligned he was able to forgive.