

Self-protect...

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A self-protection mechanism is a behavior or coping tool that we employ when a part of us doesn't feel that it can manage or navigate a solution. We may feel unsafe, that something's out of control, or that we're going to get hurt. So, we rely on certain behavior we've become conditioned to using to escape from the feelings we don't want to feel.

Since we've repeated it for so long, it has become a pattern and the roots often stem from an experience in our childhood where we felt unsafe, hurt, afraid, angry, or resentful.

There are a lot of different self-protection mechanisms that we employ. They're very unique and specific to each of us and we've created them to help us cope with feelings we don't believe we can handle feeling again. So, these mechanisms become our automatic reactions, becoming habits and often causing us to sabotage our relationships – including the one with yourself.

There are 3 steps that will help you move from reacting to responding and with vulnerability instead of vigilance:

1. Recognize your protection mechanism by looking at your patterns of behavior in relationships.

Becoming aware is an essential first step in experiencing the greatest version of yourself.

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2. Witness yourself at the moment.

When you witness the moment, take a deep breath in and relax. Don't run from it or numb yourself from feeling it. Just notice it. It's key to see and name this mechanism for what it really is — a part of you that's trying to protect you. So, instead of self-identifying or justifying it, just notice it.

3. Comfort yourself. Become friends with your protection mechanism and the part of you that's protecting you. Think of this mechanism as a good friend who has had your best interest at heart and has been looking out for you for a long time. Thank it for being there when you needed it to survive.

Begin to reparent yourself. Reparenting is the practice of relearning how to meet physical and emotional needs that your inner child or younger self may have not been able to take care of. Since these mechanisms developed during past times in our lives, you'll most likely be having conversations with your younger self, giving your younger self what you needed at that very moment. Through reparenting, we are able to guide ourselves and really transform our subconscious where this protection mechanism is housed.

What do we think ?

If you can always spend time to others, please spend time to yourself as well. Talk, analyze, understand, and forgive yourself - then improve.

The way you look and feel yourself will affect everything around you, most of the time.

Re-learn, and re-parent yourself. We sometimes forget our strengths and weaknesses, so its good to refresh. Knowing yourself is always worthwhile.

What do you think ?

best,

MIRO..