

# Episode 79:

## Repentance—Through Clean Up

### (Part 2 of 2)

We so thank you for joining us at ConneXions Podcast. We, as educators of human connection, invite and encourage healing and facilitate personal growth through impeccable honesty, rigorous personal responsibility, and vulnerable humility. We invite everyone who's interested in gaining greater connection with oneself, others, and God to continue on your educational road to happiness and joy through our simple yet life-changing three-step curriculum.

First, search our library for personal learning, podcast videos, and workbooks. Second, register with our classroom for familial, parental, expert, and business classes. Third, join our community for personal coaching and group practicums. Thank you again and enjoy our podcast.

**[00:01:08]**

We've been talking a lot about clean up and what is clean up. This next section of the podcast is going to be very specific about what things quote-unquote, "you need to clean up." There are an innumerable amount of violations, mistakes, unconscious choices that we make, things that people do and their consequences affect us, and then we react to them. Innumerable times you go into drama. I mean, it's just unbelievable.

There's no way to track all of that and be conscientious about trying to anticipate what's going to show up, but what you can do is you can become very familiar with a handful of characteristics, I'll call them. As you Practice learning these characteristics and these strategies to address these characteristics, obviously in Truth, strategies in Truth to address these characteristics, you will become very sensitive to how these characteristics show up in your life, and when they're present, and then how to address them in Truth, so that you can shift them out of distortion and begin to create a lifestyle of living inside Truth rather than reacting. And even reacting unconsciously to life's experiences, your own choices, and your own outcomes, other people's outcomes, and just stuff that shows up on your doorstep figuratively.

I'm going to read a handful of characteristics that I want you to write down and then I'm going to go back and explain them to you. You have to become very familiar with what resentments are, and what resentments feel like. Resentments. The other thing that you need to recognize - here's number two - expectations. Expectations, I've talked a little bit about that. I'm going to go into a little bit more detail about what expectations are and how you are responsible for the things that you expect and the outcome of whether you meet your own expectations.

The third characteristic is this entity called victim. And when I say entity, it means it is like a construct or kind of a cookie-cutter stencil that says, "If you show up in these particular ways, then you show up in victim." So when I say a "cookie-cutter," it's kind of like the outline. Here's the outline of what victim looks like. When you behave in certain ways of thinking, certain ways

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of feeling, definitely the way that you choose, you will behave as though you are being victimized by something when the reality is that you're not.

You need to learn about vulnerability. That's number four.

Number five. You need to understand what triggers are.

Number six. You need to understand what your choices are when you go into distortion. So how you blame, how you get entitled, how you isolate.

Number seven. You need to understand about commitments.

Number eight. Your slips. Again, I'll discuss that in a minute.

Number nine. Your relapses.

All of those things will disconnect you from this place called Truth [00:05:00] where you have to make a decision. And I wish it was just one decision, but it's a lifestyle of learning how to decide, how to critique the experience that's playing out in front of you and make choices that are very deliberate, very conscious. Oftentimes your choices are going to involve surrender so that you can stay in a place of Truth.

Let's start with resentments and what resentments are, and why we have them, and how we can move from experiencing resentments into experiencing responsibility and emotional honesty.

Resentment is about how having expectations that don't get met, don't come to fruition, don't play themselves out, and all of a sudden I find myself angry. That is what creates a resentment. I challenge you if you will look for your resentments, and once you identify them, I would start writing them down. Like, I resent I didn't get into graduate school. I resent that I didn't get my license when I turned 16. I resent that they ran out of potato salad when I went to the grocery store. I resent that my spouse doesn't feel safe with me.

I mean, you could have thousands and thousands of resentments. And they're all being created because you have an expectation that states that this shouldn't happen the way that it's happened. It also states that my expectations should be met. It says, you, whoever it is out there outside of you or life should have met my expectation. Now, notice I keep saying the word "should." Should oftentimes is a distortion - the word should. Now not all the time. I mean, you can use should very consciously and very deliberately. However, oftentimes the word should, just like the word "fair" and like the word - what was the other one I was thinking of? - "perfect" often those words are used in distortion. And so look at your resentments after you've written them down and see if what I just said is not the Truth, that everything that you resent is something that you had an expectation around that was not met.

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Here's the reality. Your expectations are yours to meet. They're yours. They're not anyone else's. I don't care what it is. I'm talking about adults here. I'm not talking about kids. I'm talking about an adult to an adult.

Everything that you expect to show up a certain way in life is your responsibility to create. All of it. Your emotional, your physical, your financial, your social, your legal, your sexual, every part of you is your responsibility to meet/match/have present itself the way that you expect. It is no one else's responsibility.

So, look for those resentments. They are nasty creatures. They can give you the illusion that you are justified in your upset, in your disconnect, in your victim, and you can inadvertently allow those things to stay around your life for your whole life. And they will upend any kind of emotional peace, spiritual peace. You will not be able to be vulnerable. You absolutely will never be able to connect with anyone, not yourself, not anyone else, not God if you do not root those things out and get really honest with yourself about why you have resentments and what expectations you believed should have, quote-unquote, "should have" shown up a particular way and did not.

Because here's the Truth. You're ready? Here's the Truth. You are not entitled to any of those things. Period. I am not entitled to anything. Period. I'm not entitled to my next breath. I'm not entitled to go to school tomorrow. I'm not entitled to a car that starts. I'm not entitled to anything. I'm not entitled to a phone that works. I'm not entitled. It's all a gift. And it's all a gift from second to second moment to moment. Everything that shows up in my life is a gift. Whether it is uncomfortable or whether it is pleasant, it's all a gift.

As you start learning how to live from that angle and that paradigm, you, my friend are going to have much more peace in your life. However, that takes a large paradigm shift for most people **[00:10:00]** to be willing to accept that expectations are yours to meet and any of your resentments are all yours to heal. They involve no one else.

Let's talk about expectations. Every person on the planet has expectations. We have expectations, both around our needs and our wants. We expect to have a place to live and food to eat. We expect that the sun will rise tomorrow. We expect that we won't be sick. We expect that when we take a pen out to write with it, it will have ink in it. We expect that there'll be hot water when we get in the shower. We expect that the internet will be really quick and we don't have to wait for seconds for things to go through. We have just innumerable amount of expectations.

Typically we don't know what our expectations are until - what is it? They don't get met, and then we become very aware of what is not being met. And for many of us, we throw an absolute emotional and spiritual tantrum.

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Here's the other side of expectations. Expectations are healthy, and we need to have them because it allows us to feel safe and secure in our world. We are responsible to meet them. So if we didn't have any expectations, we'd walk around very, very afraid. It's kind of like, "Am I going to make it home tonight? If I leave this room am I going to be safe?" But I have an expectation that you know, I know how to drive a car and I won't get into an accident, I'll be able to get to work safe and sound and I'll have a good day today. I'll talk to people and help them out with whatever they need help with, and I'll be able to get back in my car and go to the grocery store and meet my friend for dinner, and I'll come back home and I'll go to bed at 10 o'clock and all will be well. I have all these expectations. But if I didn't have them, I would go into this place of fear.

Expectations are fine to have. The challenge is that when we demand that someone or something should meet them for us and/or something shows up that is contrary to our expectations. And that's when we fold our arms and stomp our feet figuratively, maybe even literally, and say "That's wrong. That shouldn't have happened." So we are responsible to know what our expectations are and be responsible for them so that we can meet them and or surrender them.

What things are you supposed to notice to clean up? You are to track your resentments. Again, I would write all these things down. There are nine of them. Write them down and start getting really good at paying attention and tracking resentments.

The second one is expectations.

The third one is victim. Now victim is a huge concept. Let me describe what a victim is and then I'll help you understand how resentments and expectations play right into victim. The victim is one of the characteristics or roles in drama. The other two roles are controller and persecutor. The victim is at the core of drama. All three characteristics or all three roles engage in victim thinking and behavior. So when I'm in the victim position in life, I am unwilling to be responsible for my choices and or their outcomes. I want others to be responsible for me.

Now, when I'm in drama, which the center of drama is victim, drama is all about dropping responsibility. So what do you think resentments are? Resentments are just a flavor of drama. Expectations are fine. Those are not connected to victim until I allow my expectations to cross over that line and start morphing into resentments because something did or didn't show up the way that I expected it to. And instead of me saying, whoa, stop, hold on, and pulling myself back and getting conscious, I just kind of let myself go and I go right into victim and I play out victim through a lens or a kind of a prism of resentments. It's like this branch off of victim called resentments.

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The other thing inside victim is where I go into self-denigration, self-adulation. Self-denigration, self-adulation, are also flavors of resentments. So I can resent something through a self-denigrating branch or a self-adulating.

Self-denigrating will say something like this. "Things always happened to me. I can't believe this happened. This isn't fair. Life just rips me off." [00:15:00] That would be self-denigrating. Self-adulating would say something like. "This shouldn't have happened. I should not be treated this way. My will should be respected and followed. I don't have to stand in line. I resent that I have to stand in line." That's more of a self-adulating. Again, those are all characteristics of victim. Victim. Victim. Victim.

When I'm in a victim position in life, I'm unwilling and oftentimes unconscious to be responsible for my choices and the outcomes. I want others to be responsible for me. So the Truth is I am not a victim. I am being endowed with the power of choice. And every moment of every day I am choosing where I will go, how I will think, who I will interact with and what I will do, and thus I am choosing the outcomes of my life.

Victim goes back to what I think. I can't feel something prior to thinking something. I always want to go back to "what is it that I'm thinking? What is it that I'm choosing to think?" And then I'll understand why it is I'm feeling a certain way. I have this power called choice and every moment every second of every day I am able, if I choose to be conscious, to use my choice towards Truth rather than distortion. Who am I going to interact with? What am I going to think, and therefore, what am I going to feel? And then what will I do? What do I choose in my life? And then what kind of outcomes will present themselves?

Persecutors, controllers, and victims, which are the roles or characteristics of drama, share one thing in common. They have a feeble, sickly, and distorted view of personal responsibility, which is choice-driven. When playing the victim, you attempt to remove responsibility, which is remove choice from yourself and blame anything or anyone else on the outcomes you're experiencing. So you say things like - now again, this is going to either show up in self-denigration or self-adulation - "I can't stop looking at porn. I can't clean up the garage. I can't get my car started. I can't go to sleep." You know, I can't, I can't, I can't.

Another statement of victim. "You, pointing your finger figuratively or literally, you hurt my feelings. You did this to me." Which is all victim-oriented because somebody can't do something to you. They can affect you, but they can't really get to you. They can't hurt your feelings. You've been affected and you've chosen to have feelings that were hurt, but they can't do it to you. "You make me angry. You made me do this. You make me sick." Those are all statements of victim, and also persecutor, because remember when you're in one role, you're in all three of them.

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"No matter what I do, it will never be enough. I have to leave now because I'm being forced or compelled. Like I have to. I do everything and I never get noticed." So, all-inclusive words like "all" "never" "everything," "always." "I'm never going to trust you again" is another one. Note there is a difference between being victimized where there's no choice and playing the victim which is by choice.

Being victimized means being overpowered and unjustly harmed by another. If you juxtapose these two, playing the victim means denying responsibility for your own feelings, choices, and outcomes. Even if I am victimized, I can make choices to heal the victimization so that I do not have to live my life as a victim. I can make a choice to not live my life that way. So that is another area of focus that you need to become very aware of.

Holy smokes, we go into victim, we as a human family going to victim, holy cow, so many times during the day. So I would invite you to listen to all the drama podcasts and really learn about victim. Let me pull this up and I'll give you some podcast numbers to listen to. Anything on distortion, anything on control, number 102. I'd listen to number 1, number 2. These are all podcasts on the podcast page. I would listen to number 10. I would listen to number 9. I would listen to number 23, 26, 27, 28, 29, 30, 31. [00:20:00] There are just so many on drama and victim. 51, 77, 78, 81, 84, 85, 87, 88, 92, 93 and number 98, 99, and 100. Those all have a ton of information about victim/slash drama and what drama is and how victim is a characteristic of drama.

So number one is resentment, number two is expectations. Number three is victim. These are the things that you're looking for. So that it will identify, it'll click to you like, "Oh, I need to go clean this stuff up." We're going to talk about how to clean things up further on the podcast.

The other thing that you want to be tracking is vulnerability. Because when I'm in a place that is in distortion, I am unwilling to be vulnerable. If I'm unwilling to be vulnerable, which means I'm in victim because all this stuff kind of blends and bleeds together, vulnerability is this. As humans, we live in an escapable state of vulnerability. We are vulnerable to everything: sickness, aging, death, pain, confusion, sadness, loss, deceit, fraud. I mean, it goes on and on and on. We are vulnerable. That's what we are 24/7.

When we choose to accept this crucial fact of our existence, we become emotionally open, raw, real and willing to share ourselves. We admit that we are weak. Now, weak is not a bad thing. It's just a state of being. Like we can't lift up a car, we're weak physiologically. We can't bring somebody back from the dead, we are spiritually weak. We are emotionally weak as far as we have the vulnerability of being affected by things. We also need to ask for help. We admit that we need to communicate our emotions, that we need to ask for validation, we need to take responsibility for the outcomes of our choices. We accept the reality as it is.

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Vulnerability means you are willing to align your choices and your life with the objective Truth of reality outside of you regardless of what you want or wish reality were. Vulnerability requires you to risk emotionally to put yourself in a position where you will experience pain and upset and discomfort. So accepting your vulnerability creates connection.

Vulnerability is about helping you understand how to be peaceful, how to be stable, and how to learn to have faith, how to have faith in the reality that everything will be fine even though it'll be uncomfortable. We could have the worst storms or we could have the most devastating disasters happen, and over a period of time we come together as a human family, and everything can become peaceful again. So recognizing your vulnerability, and being willing to be responsible for the fact that you are vulnerable and you are going to have experiences that will be uncomfortable is very difficult for people to do because they like to control stuff.

The other area of focus are your triggers. So being responsible for your triggers. Here is what trigger looks like. Trigger is about emotions. Typically you're more aware of your emotions before your thoughts. But remember your thoughts always come first. So if your thoughts are in distortion, then you will have an emotion that will be skewed. And when I say "skewed" it just means it's not in the Truth, it's not in reality.

Triggers generally speaking are all about feeling. But for the sake of this podcast, I want to focus on the emotions that are uncomfortable, the emotions that you wish you didn't have, the emotions that are quote-unquote "creating" pain for you that you want to get rid of, you want to control. Those kinds of triggers which are alerting you to emotions that are uncomfortable, painful, bothersome or whatever, it's because you're having thoughts about [00:25:00] the experience that's presenting itself that you don't want to accept. You want it to be something else. You don't want it to be what it is. You can do that. However, you're going to set yourself up for much more pain than if you would just let it play itself out and move with it and accept your vulnerability and accept the reality and do all that you can inside your vulnerability and the reality to manage the discomfort, but don't try to control it. So tracking your triggers.

Here's what a trigger is. A trigger is an indicator or evidence that you are feeling emotion. When you feel triggered, it simply means you become aware that you are feeling. Triggers are not good or bad. They're only indicators that you are feeling comfortable or uncomfortable emotions. Anytime you are feeling an emotion you are thinking a thought, you were having a perception, which created the emotion. The purpose of a trigger is to draw your attention to the fact that you are feeling and therefore thinking. It is there to invite you to become curious and find out what you're thinking.

Triggers are your allies. They are gifts. They are gateways into yourself and your lack of awareness in yourself, and also gateways into others that help you understand why others are thinking

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and therefore feeling the way that they are. So if somebody says, "I'm really triggered," then you know that they're inside of a distorted thought. You can experience a trigger around comfortable or pleasant emotions or uncomfortable and unpleasant emotions.

So because emotions are uncomfortable, some of them, we need to, one, learn to be curious and learn from those. And two, as we are curious and learn from them, it will help us get back into the reality/the Truth around them. So triggers exist to give you vital intuitive information about yourself and your experiences. That's what it gives.

Triggers can be your best friend or your worst enemy depending on how you are willing to, one, enter into uncomfortable emotions and be responsible for those emotions, and two, tell yourself the Truth about your thoughts, your perceptions that are creating your emotions. So if you'll do those two things, if you will be responsible for what you're feeling regardless of how comfortable or uncomfortable you are, and get curious about what you are thinking, and why what you're thinking is creating the emotions that you're having, and then reframe this back into the Truth, that's how triggers can be a gift to you and how come they're vita.

Because if I have erroneous thoughts about something, let's say that I think the color green is a really uncomfortable color or I think people who like the color green just really have bad taste, or every time I see the color green I just think, "Oh, my gosh, I can't believe they like that or that they're decorating with that color," and I go into all this stuff adulation, I get triggered by it. The Truth is, is that the color green is just neutral. That's all it is. "I don't know why I have such an aversion to the color green, but I do."

And so when I get triggered by seeing somebody wear a green outfit, and I go, "Oh, they have no tastes, they're like trailer trash," and I go into all this adulation around this color, then I start attacking a person calling them trailer trash for heaven's sakes, I've got a problem - I'm being massively triggered, and I need to figure out why that is bothering me.

So I must have certain thoughts and meanings and interpretations around the color green. So that trigger that I'm having can allow me if I'm willing to humble and get curious, I can make phone call or I can go and talk to somebody who knows these principles to help me and they can walk me through that trigger and help me first of all, understand that green is neutral, that there's no emotional tied to the color green except for my own interpretation. They can help me go back into my history, whether my history is one second ago or back to my childhood, and figure out why I'm having such a reaction to that color. And then I can reframe it. And then as I reframe it again and again and again, then down the road I can look at the color green and appreciate it for what it is instead of having some emotional reaction to it and then getting all distorted because of it. That's why it's a gift. That's why triggers are gifts.



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As you engage in experiences and circumstances, you have thoughts and perceptions. And thoughts and perceptions, elicit triggers and emotions. We all feel emotion. With every thought, every experience, every situation, every corresponding emotion will follow. When you feel an emotion classified as uncomfortable or unpleasant, it is termed a trigger because it causes you to become [00:30:00] aware and conscious of what you're feeling, and invite you to become curious about what you're thinking.

From this position of awareness, you can then choose to make conscious changes to what you think and therefore to what you feel. If you will become conscious of your triggers and ask curious questions such as "Why am I feeling this way? And what is causing me to react in this manner?" you will quickly develop awareness of yourself and create wisdom inside yourself. Thus, triggers can empower you to change your own thinking and behavioral patterns. So triggers are your allies.

And if you spend any time working with me, you absolutely know that I called triggers big, fat juicy gifts. And sometimes people will say, "These are my big fat juicy gifts and I am so grateful for them." A lot of times they say, "These are my gifts and I hate them." But as soon as they re-frame back into Truth, they're so grateful because it means that they can change the way that they are perceiving things.

The next area is you becoming aware of just choices and distortion. Just any old garden variety choices have distortion. Here's a handful. When you notice that you're blaming, when you notice you're entitled, when you notice that you're isolating, or when you notice that you have a lack of awareness, or that you're angry, or you won't take ownership for something. Those are just classic characteristics that show up inside victim that you might recognize more quickly than recognizing that you're in victim. Any of those things that I just named, any kind of denial strategy that you recognize you're in, you can say, "Oh, I'm in drama, I'm in victim, I'm in distortion," and go get on the phone or go talk to somebody who knows these principles.

The next area that I want you to pay attention to is commitments and how you view commitment or how willing you are to keep your commitments. So, what things you need to clean up. When you recognize you break a commitment, you better be on that phone as quickly as possible to go figure out why I chose to break a commitment. So commitment is a choice I make to take on a responsibility and obligation, a relationship or activity.

A commitment is a promise or pledge and assurance to myself and another person that I will choose in a particular way. Commitments are not casual. Committing is a sincere significant meaningful experience with far-reaching consequences and outcomes in your relationships. Commitments are connected to covenant. Commitments are connected to promises.

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Making a commitment involves far more than only speaking the words, quote-unquote, "I will." The assumption is that before I say those words, I, number one I know myself, my expectations, my fears, my strengths, my weaknesses. Number two, I have created boundaries all throughout my life. And number three, I consider how this new commitment will impact my other commitments, my other relationships, my schedule, my finances. So I look at myself really clearly before I commit and say, "Do I have the ability to do this? Do I have the time or the energy? Do I have the money? Do I have the focus to do this?"

Before I commit, I honestly consider whether or not I have the resources to follow through with this commitment that I'm being asked to make. When I follow this pattern, I am able to keep commitments. Others are safe and able to trust me when I keep commitments because I become a deliberate, conscious, aware, and honest person. When I make a commitment, I keep it.

There are times when breaking commitments are appropriate. It's not possible to foresee all conflicts and all events. Reasons to change or cancel a commitment include medical emergencies, injury, death, a conflicting commitment that takes precedence. So modifying or breaking a commitment needs to be done with thoughtfulness and empathy.

The assumption is that, one, breaking a commitment that I have made, I need to be thoughtful about why it is I'm breaking and I need to be truthful about why I'm breaking it and take responsibility for the consequences of why I'm breaking it. I empathize with the other person around the commitment that I broke or I changed. I feel the loss, the frustration, the confusion, the fear that I have created by breaking that commitment.

Canceling the commitment needs to also be done with prompt, clear, and continuous communication with the person or people with whom I've made the commitment. Finally, I need to follow up with curiosity and willingness as I discussed with them about the commitment. **[00:35:00]** I ask what would make things right between me and them, and I make a new commitment to follow through on those items.

So it's not just like I committed to go help somebody move their house, and I wake up and I go, "You know what, I'm not really feeling too much like I want to help them so I'm going to just bail." And I call him up and say, "Sorry, can't make it." First of all, you got to be honest. Unless there's one of those things, you know, medical emergency, injury, death, something like that, you show up, whether you feel like it or not. That's why commitments are so powerful, because most of the time learning how to follow through with commitments, creates a strong character person, and the only way to become characterized is to have commitments that you don't want to follow but you follow anyways. So you're saying "I'm going to do something that's really uncomfortable because I committed." Period.

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So if you notice that you're making commitments you're not following through like phone calls or homework or you're being faithful or you're not taking care of yourself, any of those things, when you start breaking commitments you are needing to get on the phone and talk to somebody about needing to clean that stuff up. Again, these are things that you need to clean up. So when you notice this stuff, you need to get ahold of somebody who knows these principles and talk through this with them so they can help guide you back to Truth and help guide you back to a process where you actually are making right what it is that you've done wrong.

The next characteristic is slips. What in the world is a slip? Well, a slip is about crossing a bottom line. Let's talk about bottom lines first. Bottom lines are boundaries or personal commitments I create for myself to support me to change any behavior I desire to change. Bottom lines are non-negotiable boundaries that I set for myself to raise my consciousness around my behavior. Bottom lines do not move. They are rigid, if you will, because I'm setting them there because I'm telling myself that if I cross over this line, I'm going to get closer to acting out in the behavior that I don't want to act out in. So bottom lines are nonnegotiable, and they help raise my consciousness about my behavior and why it is I'm moving in a certain direction.

Bottom lines alert me by telling me that I am quote-unquote close to engaging in behavior I desire to change. Bottom lines are concrete, they're measurable and specific in language and behavior. For example, I become aware that I use Facebook to distract myself which is a behavior I do not want to engage in. My bottom line is, "I will only use Facebook for 15 minutes per week and only when my wife is sitting next to me looking at the computer screen with me." Another example. "I want to improve my physical health and change my habit of sleeping in." My bottom line would be, "I will get up at 5:30 on Monday, Wednesdays, and Fridays and exercise from 6 to 7 at the gym on Main Street."

These bottom lines are there to make you aware that if or when you cross them you are headed towards the very behavior you desire to change. I like to look at it like this. It's like if you were driving a car, and there's a cliff ahead and the road stops right at the cliff, but you don't know there's cliff there. And so you're barreling down the road and there's no signs that say "cliff ahead." Like "Danger! Warning. Cliff ahead. You could die. You're going to fall 300 feet. Cliff ahead." So bottom lines are the signs that pop up in your life that you've placed there so that you can become really conscientious about what it is that you're wanting to change. So when you cross one of them, you can go, "Oh, I'm going to go right over the cliff."

So slips our bottom lines that you have crossed. To slip means you chose not to honor your own boundary, your own bottom line. When I want to change any behavior in my life, I put bottom lines in place. Bottom lines or rules or boundaries I create to alert me that I'm setting myself up to behave in a way I desire not to behave. When I made choices that crossed my bottom lines, I

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have slipped, and I'm now headed right towards the cliff. I'm now in dangerous territory because I have chosen to go through the barriers that I set up to protect myself from destructive behaviors.

If I choose not to become curious and aware of I will continue to choose to engage very destructive behaviors [00:40:00] I created my bottom lines to alert me to. So it seems really counterproductive, doesn't it? It's like I'm not willing to be humble and say, "Okay, I've put these things in place, these bottom lines that say, 'get up at 5:30. Don't look at my spouse's phone to track where he or she is. Only go down this particular road because I'm trying to get out of my addictive pattern of going to this particular store and spending hundreds of dollars once a week.'" So I have all these bottom lines that I've got in place. "Don't go into the pantry between these hours in these hours because you'll just be snacking and you're trying to hold yourself to a particular meal plan."

There's all these bottom lines. You can make them around anything. When you cross over your bottom lines, you were breaking commitments and you are saying, "I am conscientiously crossing over a line that I put in place to alert me when I am moving towards relapse.

Relapse is the last characteristic. It's not in any particular order. Relapse is a return to destructive and or addictive behavior after ceasing it. So I'm trying to change my destructive and or addictive behavior after I've stopped it. Relapse is a devastating violation of commitment, trust, integrity, and emotional safety primarily to yourself and secondarily to anyone else you've committed to. To relapse is to lie to yourself, others, and God.

It's a big deal when you relapse. Because what you're saying is I'm going to be irresponsible and dishonest and definitely not humble. And so when you recognize any of those characteristics, resentment, expectations, victims, triggers, blame, entitlement, anger, what I mean by anger is like no ownership in your anger, isolation, commitments broken, slips, crossing over bottom lines, and relapses, you need to be on the horn talking to people so that you can understand how you got there. Because the whole goal is to get back into Truth as quickly as possible.

Remember, you are in one of two places at all times. One of two places. If you are not inside Truth, which, you know, you may not be able to recognize, then you need to be calling somebody and say, "This is where I'm at, this is what I'm thinking, I don't know if I'm in Truth or distortion." And let somebody help you. And I promise you, if you're having negative outcomes inside your relationships, I guarantee you that you have some responsibility of going into distortion with that person. And you probably have more responsibility than you realize. So, if you want to clean things up, you have to get to the core or the center of why you continue to choose to go into distortion instead of Truth. That's what you're trying to do.

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Looking at these characteristics that I just went over in great detail, this is your responsibility to understand why you keep going into distortion instead of choosing Truth. If there's only two choices, why would someone over and over and over again choose distortion? Well, let me tell you why that is. And a lot of this is unconscious. But this is why you're listening to these podcasts so that you can begin to be more conscious.

The reason why we continue to choose distortion, because I believe, at the very core of me that my false beliefs, that I'm not enough, that I'm unworthy, that I'm not lovable, and I'm inadequate, or that my needs don't matter, those are the things I believe. They're at the very center of me. And so my distortion keeps reinforcing those. And so I'm trying to not be those things. But the fact that I go into distortion is the very angle or the pathway that keeps reinforcing those things. But my distortion on the surface says, "No, I have a right to feel this way and I can do whatever I want, and it's not my fault."

And so distortion keeps giving me this erroneous illusion that distortion has Truth in it. Because in the short run I feel better when I go into distortion because I can just point the finger to everything and everyone else. So, for a handful of minutes or seconds or maybe days, I can exact [00:45:00] enough denial around my distortion to quote-unquote, "make" me feel fine or right. That's a biggie. I'm right. However, in the quiet moments in my life, I fall apart and I know that what I'm doing is wrong, and I know that I don't feel loved, and I know that I don't feel enough, and I know that I feel scared, and I know that I am questioning my worth. That's why we keep going into it because it's kind of like the short term gives me this illusion that I'm lovable, and I'm enough and then inadequate. However, big picture, I keep going back to "God, what's wrong with me?"

When I witness someone choosing over and over distorted thoughts instead of truthful choices that involve honesty, responsibility, and humility, it's very, very painful. Because what I know is that's an absolute indicator that they are either unaware or unwilling to be responsible for themselves. If they were to begin to choose truthful choices, if they are unaware, then listening to this podcast will help them to become aware. If you are unaware and unwilling, then that's very, very unfortunate. Because there is no one that can get you out of this trap that you continue to choose which is distortion.

Once you are humble and you're willing to become humble, then you can have a new experience in choosing Truth rather than distortion. So humility is the key. You've got to be open. You've got to get curious. You got to say to yourself, like, "Maybe I'm wrong. Maybe I need more information." That's where those phone calls come in. And that's why I keep talking so much about, you know, look at this and pay attention to this and call somebody. And if you're in victim, then get curious about that. I keep saying, call people. Again, if you don't know who to call, then send us

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an email and I'll try to get you some people that you can get in touch with that can help you start recognizing all eight of those areas that I just spent an hour going over with you.

In order to choose Truth, you have to be willing to do that. You have to be and stay and accept responsibility and be honest for all the outcomes you're creating in your life. You are responsible for your outcomes. Now, you are also going to be affected by other people's outcomes. You are not responsible for their outcomes, but you are going to be affected by them. So you get to be responsible for managing other people's outcomes as well. And that takes a humble soul and a soul that is willing to be honest and responsible.

You are going to be invited into a process of getting into Truth all around what you think, what you feel, and what you've chosen and their outcomes. You'll also need to engage in the steps of repentance as to really clean up your side of the street in your relationships.

Here's what the steps of repentance look like. The steps of repentance, you first identify like your trigger your victim, your control your distractions, your self-neglect, your denial, drama, your distortions, your false beliefs, your irresponsibility, your unwillingness, your unmet expectations, and resentments. Let me read those again. The first-ever repentance is to recognize your triggers, your victim, your control, your distractions, your self-neglect, your denial, your drama, your distortions, your false beliefs, your irresponsibility, your unwillingness, and your unmet expectations and resentments. So you're responsible for all of those.

Second step is to be able to put language to what you've done or are doing. And if you can't language it, then you need to make a phone call. And that's why when you go into any one of those things that I just talked about, triggers, victim, control, distractions, you need to call and say, "Help me understand how I got here."

Then, you need to be able to feel the reality of what it is you've done. So whether you're on your phone call or on your own, you need to be able to understand why it is that you went there and feel the reality of what you've done to yourself and feel the reality of how you've affected another person. So being able to do that is saying, "I want to feel remorse, not shame, so that I can come back into Truth. That's what I want to do."

So being able to clean up means **[00:50:00]** identify by either yourself or somebody else, and then put language to what it is that you've done. Again, if you can't do it, then call somebody. So you're going to describe and identify distortion you're looking at, you're going to identify how you chose to go there, you're going to explain what experience you had and how you interpreted it that gave you permission, quote-unquote, to enter into that distortion, you're going to identify language, how you attempted to control the experience, and how you had unmet expectations or how you went into victim, drama, control, triggers, etc.

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So you're going to say something like this. "I'm in victim. I chose to go into victim because they were out of chicken breast at the restaurant and I felt entitled to have one. The experience was or is I went into the restaurant I was very hungry and that gave me permission to demand chicken breast, and to stay mean things on my breath." That's an example of how I went into victim and how the distortion played itself out, how I went into some really powerful denial that kept giving me permission to do what it was that I wanted.

Then on the phone call, you're going to get some validation and then they're going to give you some feedback and they're going to help you spot those distortions. And then they're going to help you embrace the Truth.

Here's what cleanup looks like. Or another way to say this, steps of repentance. You're going to identify your triggers, your victim, your control, distractions, self-neglect, denial, drama, distorted thoughts, irresponsibility, unwillingness, and unmet expectations and resentments. And then you're going to put language to it, like why you've done this or what you're doing.

Again, this is either with yourself or on a phone call. So you're going to describe it identify distortion you're in, which is the first step of identifying victims, triggers, control, etc. Then you're going to identify why you chose or how you gave yourself permission to go there. And then you're going to explain to yourself or to the person on the phone or person in real life, you're going to explain the experience you had and how you interpreted it, how you distorted it to give yourself permission to enter into this illusion.

Then step number four, you're going to identify in language how you attempted to control your experience. The way you tried to control it is you went into denial and said, "I have an expectation to have chicken breast and I should have them." That's how you tried to control your experience. Because the experience was, I went into the restaurant and there was no chicken breast. Period. That's it. But I said, "No way. That's not okay."

Then the next step is you're going to ask for validation from the person on the phone or give it to yourself, and then you're going to get feedback from them to understand the next step which is spotting those distortions like how you got there. And then you're going to embrace the Truth.

There's three podcasts that I want to draw your attention to. Instead of me going over this in-depth, there are three podcasts: 68, 69 and 70. I would encourage you to listen to those. Those are all about this process of cleaning up and reframing distortions back into Truth. 68, 69 and 70.

Once you have gone through those steps, you will feel remorse, not shame, you will feel remorse for what it is that you've done because of the infraction or the error or sin or mistake or injury, whether incidental or not.

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Then step number 10, you'll go to the person or you go to yourself and allow you to listen to how you've affected yourself or you'll go to the person and explain to them how you feel like you've affected them and then you'll let them explain to you how you've affected them so you can feel the weight of what you've done.

Then the next step is you make restitution. And then you make a plan, which is the next step.

Then step number 13, you don't repeat the behavior. And then you can say I'm sorry, to yourself, or to the other person, which means you're not going to repeat that again.

Again, if you want more clarity around the steps of repentance, I not only would listen to 68, 69, 70, but I would also listen to podcast on repentance. I have those here. Let me just look them up really quick. Episode 14. Podcast 14, the power of repentance, I'd go right there and I go through all the steps to repentance.

After you've done that, after you've gone through those steps, which is quite a few to keep your side of the street clean by continually asking you yourself and another, if necessary, which is like in the beginning of this process, it's [00:55:00] necessary to ask somebody else until you become a Truth-teller, and not a distortion teller. So if you're just starting doing this, you are going to need someone else's help. You cannot do this on your own. You can't see clearly. It's kind of like, I can't see different angles of me unless I have some kind of a mirror. And so I need to keep having people help me see myself clearly.

I need to know, why did I go into victim? How come I broke my commitments? How come I wasn't willing to be vulnerable? Why did I choose not to validate? Help me understand why I'm blaming another. Help me understand why I'm triggered. Why is it that I'm acting entitled and better than others? Why do I tell myself that I don't matter and my needs don't matter? Why am I afraid of...fill in the blank.

This kind of cleanup is necessary in life always. So we always need each other. But we need each other in Truth, not in distortion. So be that person who's willing to tell the Truth so when friends, family come to you, you're able to truly support them and not enable their distortion. Enabling of distortion only perpetuates more distortion and a continuation of optional pain, fear, and lies. Optional. You don't have to have it. But if you keep enabling it, you're going to have additional distortion, optional distortion. Which if that continues, the person can and will never escape from it if someone or something doesn't give them an experience of Truth. Distortion says it's the Truth and only Truth is the Truth, which leads to connection.

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**[00:57:29]**

**[END]**