

Hysos - Unit 0 (ENG)

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**antoinetta@healthsenseofself.com**

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**00:02:** Hello, and welcome to the Introduction Unit of The Sense of Self Help course. By signing up, you have taken the first steps towards reclaiming the healthy, happy, and productive life that you deserve. Together, we can achieve the goal that inspired you to take this course. And as always, if you have questions, you can contact us at [contact@healthysenseofself.com](mailto:contact@healthysenseofself.com).

**00:32:** In this video, we will address the following points. First, I will give you an overview of the words that frequently appear in the course material. Then I'll paint the scenario in which it all started, the development of the Sense of Self Method. Then I'll introduce you to the Sense of Self terminology, and I'll tell you something about my own background and something about the reading selections that appear in the units as well as about the guided journal from where the quotes in the units are being drawn.

**01:07:** Now let's get started on this list of words. They are "compulsive need," "approval," "Feeling-good-about-self," "subconscious agenda," "Motivation, real or false," "self-knowledge," "consciousness" and "self-consciousness." These are all words that have something to do with dependence or independence. To function adequately as a person in our society these days requires various forms of independence, for example, physical independence of course, and financial independence, but importantly, also, emotional independence. Now teaching your children to become emotionally independent can be a challenge for parents who struggle with that issue themselves due to their own imperfect upbringing, because sometimes you grow up in a setting where you learn to depend on approval and that makes you dependent on the outcome of your achievements, and when you do well, you "Feel-good-about-yourself". But that state of "Feeling-

good-about-self" functions as a substitute for something that's missing, and that is your Healthy Sense of Self. And that's why the state of "Feel-good-about-self" plays such an important role in the Sense of Self Method. This Sense-of-Self help Course helps you to free yourself from the compulsive need for other people's approval and regain your self-confidence by getting truly to know yourself, you will be guided to discover your path to health, happiness, and success.

**02:58:** It took me years, if not decades, to fully understand and come to terms with the family dynamic that was aimed at protecting, at all cost, the state of "Feeling-good-about-self" for each and every one of the members at all time. That sounds too good to be true, right? But life is about ups and downs, and about contrasts in moods and modes, in other words, conflict is inevitable, and trying to make everybody always end up feeling good about themselves leads to the nasty complication of manipulation and controlling behavior. On top of that, it deprives a child from the opportunity to develop a Healthy Sense of Self, due to the priority that's being given to smoothen out any form of conflict, the authenticity of a child spirit is stifled and replaced by a need for approval and to "Feel-good-about-self". And please observe that I'm not referring to your average meaning of feeling good about self, and I'll explain that later. To uncover the unhealthy motivations that can lie behind the parents' good intentions and also to prevent that other people will have to pay the price that comes with growing up in a family with this type of dynamic, that's what inspired me to create this course. It took me also a long time before I even started to notice what was going on in my family of origin.

**04:36:** And then I started to see that it was all about preserving this "Feeling-good-about-self" state. And later, I realized that this was not your average meaning of feeling good about self in terms of

having a sense of satisfaction for a job well done or having a sense of well-being. No. In this case, "Feeling-good-about-self" has a different function, a special function. It fills in the void that exists in a person with a Lack of Sense of Self. When a Healthy Sense of Self is absent, the state of "Feeling-good-about-self" is used as a surrogate or fake Sense of Self, and it is earned by getting approval, usually from the primary caregiver, which gives birth to the development of unhealthy motivations. Turning that around and help you cure your motivation by restoring your Sense of Self, that's what this course is all about. And it's done by collecting self-knowledge and learning to become more self-aware. The Sense of Self Method has its own unique terminology, more than 40 words or expressions that have their own specific meaning within the context of the sense of self method. You are encouraged to take the time to thoroughly learn those, so you have a quicker and a better understanding of the course material. A playful card set is available if you don't mind spending a few bucks in our webshop.

**06:16:** To get in touch with what stands in your way and preventing you from living the life that you always wanted, you need to study how you function on a deeper level, what's going on deep down inside of you. Our inner processes are, even for ourselves, not always so clear, but if you take a good look inside, and at some point, you will start to see that specific thoughts and specific feelings always come up in specific moments. Giving these processes a name, putting a label on them, helps to identify these patterns and familiarize yourself with it. Then over time, you start to see the bigger picture. And when you see the bigger picture, at some point, you start to see what truly motivates you. And that is the moment in which you can ask yourself whether that goal in your life is truly serving you, because it's not unlikely that certain conclusions you drew when you were a child turn out to work against you and not for you. That revelation can become your moment

of breakthrough. This is the key moment, the Sense of Self Method aims at having you experience so you become ready wholeheartedly to let go of these old patterns and take the initiative to choose a new goal, one that helps you to get where you want to go in life.

**07:55:** Let me tell you something about my own background. I was a member of the Netherlands Philharmonic Orchestra for many years, and during that time, I had my first baby. And after maternity leave was over, I was eager to continue work as a musician and be a good mom at the same time. But from the day on, I had to get back to work, I couldn't sleep. All I did was lie there, tossing and turning angrily in my bed, worried sick about my performance in the orchestra and about my showing up as a good mom. That situation changed my life. I tried to cure my insomnia with about everything. No coffee, no red wine before bed, Yoga, meditation, bitter Chinese herbal medicine. I went to the doctors, to the psychologists, but they only could come up with the sleeping pills, and I thought sleeping is a naturally given ability of the human being, so there must be a reason why my body or my mind didn't allow me to fall asleep. So I decided to investigate my own condition more in-depth, and that exploration has resulted in the sense of self method. "Why am I so upset when I can't sleep?", I wondered. Why am I always feeling the urge to have my house spotless when my mother comes to visit? Why am I so disappointed when she doesn't show any interest in the cute little dress that I just bought? Why am I so strongly affected by her lack of interest? I continuously kept asking myself this type of questions. And I didn't rest until I knew I had the right answer.

**09:55:** In the end, it was all about finding out why I thought something, why I did something, why I felt something. What was my motivation? But more importantly, what did I believe there to be at

stake? The question, why do I do what I do, why do I feel what I feel, why do I think what I think, are the questions that you have to ask yourself continuously, too, during this course. And once you find the answer, you will be well on your way to discovering your path of freedom.

**10:35:** The reading selections you will find in each unit of this course are drawn from my first book, 'Healthy Sense of Self: How to be true to yourself and make your world a better place!' That was the first rendering of the Sense of Self Method. It is still available on Amazon, also in Kindle format. In the meantime, a second edition has been published under the name 'The Motivation Cure, The secret to being your best self.' What's the difference between the two? Where the first book was in textbook format and in color, the second edition is in black and white. In this new edition, some of the original content has been suppressed, and other ideas have matured and reflect valuable new insights. This book, too, is available on Amazon. The Guided Journal is a collection of 120 thought-provoking statements that were initially published on Facebook. You'll find one of them in each of the units of this course because they all have to do with restoring your Sense of Self. Guided journal can be used as a tool to create more self-awareness and exercise your mind in independent thinking. When you open the book, you will find, alongside each one of my pearls of wisdom, a blank page where you can write down your thoughts and conclusions about the topic at hand. Allow me now to wish you well on this upcoming inner journey and success with this Introduction Unit to our Sense of Self Help course.

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