

## Family Violence Forum

Hi my name is Leann Middlemass and I am a survivor of domestic violence. In my teenage years I suffered extensively at the hands of my mother. We had a dysfunctional relationship that led to both mental and physical abuse. At 18 I was evicted from my home and ended up living with my abusive and controlling alcoholic father. In my 40's I suffered a mental breakdown with the origin from this time frame.

Although my abuse happened over 40 years ago, I still suffer its effects every day and it was the memories from this time frame that attributed to my down fall.

I was one of the lucky ones. I 've since spent the last 5 years understanding how our memories from the past can wreak havoc in our lives now and would like to share some of my finding.

- Memories last forever
- Memories have emotions attached to them
- When the memory is recalled the attached emotion creates out actions or reactions.
- Without a shelf life, memories can be recalled time and time again often releasing the same toxic emotion.
- If this emotion has a 'red flag' on it (say anger or unhappiness) the same traumatic feelings can be triggered over and over.
- Only by removing the toxic emotion can the memory not affect us the same way.

While working with clients it's these toxic emotions that are often discussed.

Most want to know how to rid them so that they are not activated (another words not have their buttons pushed) over and over again.

If someone is a victim of child abuse this abuse becomes the programming that sets the benchmark for how they live.

Education is needed to rid the toxic emotions.

Our company has come up with identifying these emotions and also has processes to help heal them.

Often incidents in the NOW are triggered by events of the past. Heal the past and then button in the now remains inoperable.

I would also like to mention about the token box being empty.

Most people do not realise it but it is their childhood memories that lay a sort of DOS programing for how they run their lives in the future.

If this programming is filled with hatred, violence and low self-esteem, then this is the foundation that their character is built upon.

Without tokens (happy memories, love and high self-esteem) in their token box the person has little value to draw back on in personal situations.

If their token box is filled with violence then that is how they will react to the situation at hand.

The token box needs to be filled with love and happy memories a task that can be very difficult to achieve once you become an adult.

- Memories can also be handed down the genetic lineage. Therefore anger, violence and alcoholism has a chance of being passed onto the next generation.
- Toxic memories about horrendous can be transferred and relived over and over again.

Learning how to remove the toxic emotions is where it all starts and then educating how to put the happy token into their box (memory banks.)

A new approach could herald new findings and thus new break throughs.

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