

Unraveling Your Past
to
Get Into the Present

Paulette Renée Broqueville

The baby elephant's story.

A tragic story of baby elephants who were transported from their native habitat to another natural habitat tells us what happens when the parents are not there to train the child to grow up civilized.

The people in charge of this elephant relocation could not transport the grown elephants and so they killed the parents in front of the very eyes of the baby elephants!

The souls of the baby elephants were traumatized, hurt and became angry. In their new location they became juvenile delinquents. They killed, maimed and destroyed animals and the terrain in their new habitat.

The men did not understand what was wrong with the now larger baby elephants. The men killed one juvenile delinquent elephant; but in doing so they realized that soon all of the elephants would be juvenile delinquents. Someone realized what should be done to help the elephants.

They brought in adult elephants to train the young elephants. It worked!

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Revised edition, book one

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Pathway One

The Soul/Sole Personality versus The Ego-Personalities

*The Fork In the Road. Your two choices are:
To be the Soul that you were born to be.
To hide behind ego-personalities pretending
to be you.*

Were you raised by parents who used a limited vocabulary of GRUNTS and GROANS, peppered with bursts of short temper and misappropriated blame? Were your parents deaf—*to the sound of your voice*? Did you keep your feelings to yourself because there was no one to share them with anyway? And now that you are “big” did you turn out to be just like him or her, a chip off the old block, just like you never wanted to be?

Or were you raised by parents who helped you grow up peacefully and encouragingly, who taught you how to think and encouraged you to think; parents who liked to hear your opinions and who encouraged you to express your opinions?

I once heard a speaker divide people into two broad categories: functional and dysfunctional. I call the functional: the unmasked, or soul/sole-personality people; and, the dysfunctional: the masked, or multiple ego-personality people. The multiple ego-personality people learned early in life that they needed protection from harmful blows and words, in an inhospitable world. To protect themselves, each one put on a mask, because the faces of their souls were—*frightened*.

FUNCTIONAL PERSONALITY IS THE SOUL/SOLE-PERSONALITY

The functional people or the unmasked people are those who have been raised by parents who discussed things with them. When they were little people, they were made to understand why things were done the way they were. Their questions were encouraged and answered. Their parents listened to them, and they listened to their parents. They were free to express their own opinions, and more importantly, their own feelings. They are the ones who have been raised without violence as their teacher; and therefore, they have had the freedom to learn from observation and study; as well as having had the luxury to express their true feelings without reprisal. When one is raised in this way one does not have to hide behind a mask or other personalities to protect oneself—to protect one's true self—one's soul personality. This is how we teach our children to think for themselves and to be their own leaders and their own teachers. Parents teach by their example:

1. Parents with well thought out opinions can explain to their child why they have made their decisions to allow an activity or not to allow an activity.
2. This will teach the child to think about his or her decisions to act or not to act.
3. This will teach the child to be responsible for his or her own actions and words: the child learns to be his own leader and to think for himself or herself. This is the object of parenthood.

THE MASK

In our search for who we are, many of us have traveled far and wide to other lands and peoples, all the time asking ourselves, "Who am I?" What is stopping us from being ourselves or knowing who we are? Could it be that we have been playing a role—someone else—all of our lives? A role that others have expected us to play or a role which has been safe to hide behind—in other words, a Mask. "If I have been playing a role all of my life," you say, "then how can I find out who I am?" I have written this book to help 'you' discover who 'you' are. We will go step by step to unravel your past, to get

you into the present as ‘you.’ We will begin by discovering how some of us learned to be someone else, learned to play a role, began wearing a mask—and it all begins in childhood.

CHILDHOOD IN THE DYSFUNCTIONAL FAMILY

Growing up in a dysfunctional family, the baby, ‘you,’ began to express yourself—your wants, your likes and your dislikes. You soon learned that you were not free to have an opinion different than the adults. You learned to feel fear because you could not make yourself heard, much less understood. This leads to a fear that your needs will not be fulfilled, such as: thirst, hunger, sleep, peace and quiet, happiness, time to play, and positive attention from parents or adults. Your next survival thought is, “How can I get what I want without directly asking for it?” From this lack of freedom to be honest about ‘who I am’, we learn to build a life on make-believe, we learn to play a role: become an actress or an actor, just to get our needs or wants met or to get the attention of someone we want to love us. Becoming dysfunctional—wearing a mask or playing a role—is a survival technique in a dysfunctional family. We grow up concentrating on other people’s ‘wants’ and ‘don’t wants.’ Based upon the other person’s ‘wants,’ we know which mask to wear to get our ‘I wants’ fulfilled. This is how we learn to play a role and put on a mask. All this is to convince or trick the other person into giving us what we want. Some of us play as many or more than 20 roles: always being someone else, wearing masks, living a make-believe life, never being able to be ourselves. I call these masks, **ego-personalities**.

EGO-PERSONALITIES

Ego-personalities are a defense mechanism adopted by children whenever they are not free to express their ‘wants’ and ‘don’t wants.’ This lack of freedom could be a situation created by family, friends, teachers, neighborhood groups, or a traumatic experience with an adult. Dysfunctional behavior is created by fear—fear of not being loved or liked, fear of not getting what we need, fear of displeasing an adult, fear of not knowing what to do. The ego-personalities are meant to entertain others, to make people want us, love us, be happy

with us or believe that we are smart and good, and give us what we want. There is no trust between people who use ego-personalities, because one minute you are talking to one ego-personality and the next another ego-personality appears. One ego-personality is happy with you and the other is unhappy with you. There is no continuity. You cannot be sure that the same mother you left in the morning will be there after school. Dysfunctional people are irrational and do not know how to express themselves in words; they live in a make-believe world and make excuses, rather than look at the facts and search for the truth. All this make believe to keep other people happy, while one's true personality, one's soul, the 'who I really am' suffers silently in pain and sadness.

When do you know when someone is using ego-personalities?

If you wonder who is ruled by ego-personalities, look into the eyes. Are they glassy, staring, unresponsive; is the verbal response you hear an automatic response? Automatic responses are the result of being on automatic pilot and that is when the soul is out and the ego-personalities are in. The glassy-eyed look is when you could say, "No one is home!" and "No one is listening to me!"

Here are some examples of ego-personalities—roles we play and masks we hide behind:

- **the joker**
- **the workaholic**
- **the drunk or drugged personality**
- **the angry personality**
- **the jealous personality**
- **the personality that tries to impress (the embellisher)**
- **the dictator personality that treats animals and children and those closest to them cruelly: like slaves or inanimate objects**
- **the sexual personality (people only like me when I am sexy)**
- **the bad girl, the bad boy personality, (I get attention by being bad)**

- the “I am right and everyone else is wrong” personality
- the depressed personality
- the tyrannical personality
- the “I am a martyr” personality
- the sadistic or masochistic personality
- the vegetable personality
- the gossiper
- the criticizer
- the “I am better than -superior to you” personality
- the “I agree with everyone” personality (I have no opinion of my own) the “everyone is so nice and no one is capable of doing wrong” personality (“I can’t believe the truth even when I see or hear it” – head in the sand)
- the “I only believe what I want to believe” personality (the personality that does not listen to what you say, and imagines life as if in a dream, refusing to face reality)

Do you know any people who wear these masks and how do you react to these ego-personalities? Keep in mind that none of these ego-personalities are ‘the real you.’

None of the ego-personalities are the ‘Real You.’ “Then, who am I?” you say. You will find out by first removing the masks—the ego-personalities—that you have been hiding behind.

Created in childhood, the ego-personalities are the way to the goal, which is to feel loved, feel welcome, feel warm, feel worth while—feel alive.

Playing a role by using ego-personalities never allows our soul-personality to speak or act. Sadness, depression, and anxiety are the feelings we have in our soul because our souls are crying. So who are these impostors of our souls?

The joker is someone who is always making fun of people. We laugh and enjoy the joker until one day we are the brunt of the joke. We can tell the truth about our feelings by hiding them in a joke, “I didn’t really mean it—it’s just a joke!”

The workaholic is a person who avoids having to interact with people about personal feelings, hiding his or her feelings by avoiding them, “I can’t talk right now, I have work to do!” (Avoiding truth—avoiding a personal life for fear of being hurt.)

The drunk personality is numb to the reality of everyday life, a convenient escape. Being drunk, we decide not to live our life but to escape from it! “I didn’t really mean it, you know I was drunk!” (Avoiding life, hiding out and living in a ‘make-believe’ world)

The drugged personality is avoiding living, forgetting about everyday life and giving up on life—no hope! “I was on drugs. You can’t believe what I say when I’m on drugs, you have to forgive me, I’m not responsible for what I do!” (Avoiding truth, hiding out and living a ‘make-believe’ life)

The jealous personality lusts after other people’s lives, snoops into other people’s activities or things, and finally blames others for one’s own life! This is living another person’s life vicariously; instead of making a life of one’s own. “She’s got everything and I’ve got nothing! He doesn’t deserve what he has but I do—I should have his life, his wife, job, clothes, car, children, happiness, money. I hardly have anything and people are trying to take what little I have away from me. I am a better person than she is and I deserve to have more than she does!” (Jealous people want all your attention and they are not willing to share that attention with anyone else—even their own children.)

The embellisher, who exaggerates the truth in order to impress people, has never had the opportunity to be himself or herself—and does not know who that is. The desire to be someone special leads to a life of lies. When we do embellish, we actually believe our own stories, and our reality then—is unreality.

The dictator personality treats men, women or children or those whom they believe to be beneath them with disgust or disdain—like slaves or inanimate objects. This is a person with low self esteem who feels good only by pointing out the weaknesses of others.

The sexual personality is an act, in order to be hugged, loved, touched, and made to feel liked. The dysfunctional person does not know many ways to feel loved. Sex and being funny are two ways to feel loved.

The bad girl/the bad boy personality (rebellious): Attention is what these two want. Attention of any kind, even if it is a reprimand; it makes them feel that they are loved. Someone is paying attention to his or her activities and that means someone out there cares. This behavior pattern or ego personality continues until another way to get attention is found.

The agreeable personality (the chameleon): This one does everything perfectly or tries to, just to keep people happy and to cause less stress in the family.

The “I’m right and everyone else is wrong” personality, is someone who wants to feel that they are worth something. The ego is so fragile that there is no room for mistakes or faults—no room to be wrong.

The depressed personality: this ‘ego-personality’ is a sadness because the soul personality has not been allowed to speak or act—this sadness is really coming from inside—from the true ‘you’ your soul.

The angry personality (temper tantrum): This personality has learned to demand everything in an angry voice because he or she has found that that is what works. “I get my way if I sound angry.”

The tyrannical personality runs everyone’s life, telling them how to do, and what to do, what he or she wants. No one around this personality can be an individual with a mind of his own.

The “I’m a martyr” personality is someone who does everything for everyone instead of asking others to do a share of the work. Those of us who are waited on by the martyr enjoy the attention never realizing that we should get up and help. Those of us who are not martyrs will not do it all. We demand help from others—we delegate authority.

The sadistic or masochistic personalities are personalities who feel people are deserving of punishment instead of praise, encouragement, gentle attention, love and kindness.

The vegetable “I don’t talk” personality is someone who is afraid of receiving criticism for his or her thoughts and ideas. These people talk freely, about you and to you—in their heads. You can see their thoughts on their faces and in their moods and in their attitudes. They never stop talking and that is why they do not hear you when you speak to them. You are interrupting them!

The gossip or criticizer personality is someone who does not have a life of his or her own, and must snoop into other people's business in order to have people to talk about. There are four different conversations people can have: there are those who talk about people, those who talk about things, those who talk about places and those who talk about ideas. The gossip is stuck mentally and needs to go on a diet of speaking only about ideas, things or places. The problem with the criticizer is that the stories he or she relates are only one-sided. The truth could be known if the gossip relayed the 'why' someone said or did this; or even took the trouble to ask if the information was, at all, true.

The "I am better than—superior to you" personality is a person who has very low self esteem. This personality sees all people, especially the great ones, as flawed. Being flawed reduces each person to the same level or lower. Since each person, great and small, is equally flawed, there is no need to strive to greater heights. To see through this person's eyes is to see only the negative—the flaws in everyone.

The "I agree with everyone" personality (I have no opinion of my own) is someone who refuses to have confrontation or disagreement on anything with anyone. This person has given up without a fight. "Whatever you want to do is fine with me. I do not care." Anything to have peace. This person will never find his or her soul this way because the soul has ideas.

The "everyone is so nice and no one is capable of doing wrong" personality "I can't believe the truth even when I see or hear it:" head in the sand, is someone who lives in a make-believe world where there are only positive thoughts, words, and actions. This person sees only the good, which is the direct opposite from the personality who is superior, who thinks and sees only the negative. Both are extremes and neither faces the reality that in life there is good and bad.

The "I only believe what I want to believe" personality does not listen to what you say and imagines life as if in a dream, refusing to face reality. This personality sees only his or her side of the story and refuses to see truth, which is both sides of the story. Much like the gossip and criticizer, this personality refuses to see the truth.

Remember: None of the ego-personalities are the 'Real You.'

Created in childhood, the ego-personalities are the way to the goal, which is to:

- Feel loved
- Feel welcome
- Feel warm
- Feel worthwhile
- Feel alive
- Feel smart
- Feel accepted

The problem is that your soul is imprisoned, and cries to be free. Ego-personalities are a death to your soul if you do not let your soul speak and act.

“If I am not me, then who am I?”

And in all this the real you is hidden within—unable to speak or move—imprisoned by the ego-personalities who have run your life since the beginning. The real you is your soul/sole personality who has been hidden away, staying quiet for fear of reprisal. Your soul can be a baby, a toddler or an adolescent in your 20, 30, 40, 50 or 80 year old body. The maturity of the soul is measured according to the amount of time the soul was allowed to speak and to act, develop a personality of its own, based upon its likes and dislikes—its ideas. As a dysfunctional person our true age is the age at which our soul's development was arrested by dysfunctional adults. For example, you might have been raised by dysfunctional parents from babyhood and your soul never got an opportunity to develop a personality—or grow up. Your soul may be in babyhood and cannot yet talk, express its wants in words. (You are probably silent most of the time.) Or your soul development could be as old as you were when your life changed from living in a functional family to moving into a dysfunctional family, neighborhood or school. Or the change could have taken place after having had a traumatic experience. You could be two years old, five years old, twelve years old, according to your soul's experience level and yet have the body of a 35, 55 or 85 year

old.

Dysfunctional people have multiple ego-personalities; they are led by their desires and don't even know what their soul—their inner being—the person inside the body—the true self, is wanting or feeling. The person who is raised by dysfunctional people—becomes a robot, and the soul within the body is upstaged, overshadowed—actually obliterated—by 'ego-personalities,' none of them being the real soul-personality. Ego-personalities are all of the characters that one uses when one needs to interact because one's soul has not been trained to express itself. The soul—the creative being within the tiny baby is so sensitive and timid that the large bodies and loud voices of dysfunctional ego-acting parents scare it into hiding. Soon the baby talks and walks, imitating parents, siblings, friends and the Media. It grows "Big" and becomes exactly what the mother or the father or society has exemplified.

The soul-personality has no teacher in a home where the parents and siblings interact as ego-personalities. The person's soul—the person inside the body—is untrained. The soul/sole-personality remains untrained allowing 'ego-personalities' to speak for it and to act for it. A dysfunctional/multiple ego-personality person is really an untrained inexperienced soul and the functional person is really a trained soul—a 'soul-personality.'

Multiple ego-personality people want, but they have not learned to verbalize what they want. They are afraid that they won't get what they want so they try to trick the other person into giving them what they want by lies, anger, crying or the silent treatment. Multiple ego-personality people are unconscious and controlled by their habits. They talk about what they have read, seen or heard. They are on automatic pilot. They react to the present by assuming it is the same as what they have experienced in the past. They react rather than act. This is emotional dysfunctionality. As children they were not trained how to express their opinions about what they liked—or did not like—what they wanted to do—or what they did not want to do. More importantly, they were not given a chance to explain why they did or did not do something, or why they did or did not want to do something. They grow up thinking that they have no choice. They repeat the same mistakes. Their lives are a repetition of the same thing over and over. They are bored and they

are surrounded by multiple ego-personality people (verbally or physically or both); therefore, they try to escape from the world by drinking, taking drugs, using sex or responding to stimuli with verbal or physical abuse. They are led by their desires, such as: “I AM HUNGRY, THEREFORE I EAT—ANYTHING! I AM THIRSTY, THEREFORE I DRINK—ANYTHING! I AM SEXUALLY AROUSED, THEREFORE I WILL HAVE SEX WITH ANYONE!”

The soul personality remains untrained allowing ego-personalities to speak for it and to act for it. Functional means having one soul-personality. Dysfunctional means having ‘ego-personalities’ with an act to fit every occasion.

There are those people who do not develop their soul-personality nor do they take on ego-personalities to talk for them. These people are the hermits. They do not talk or interact. Their soul is there but it has not been trained—it is still in babyhood—unable to communicate. If one has been abused by being raised without intimate conversation—soul to soul—and without affection—love and adoration of his or her soul; then this soul will not mature verbally, mentally, emotionally or socially. This soul will not have the ego-personalities to talk for it and will not have the experience of expressing any ideas, likes or dislikes. The soul’s development will be frozen in time, until a decision is made by that soul to grow up. At this point, the soul begins to teach itself how to live and how to interact with people. This soul lives alone to protect itself from people; being self-stimulated—usually creative—the soul is satisfied to be—alone. Whether the soul is hiding behind the ego-personalities or whether it is hiding silently within the heart, it is still immature—and it needs to grow up and express itself.

THE SOUL PERSONALITY

Functional people use their soul personality and they express

themselves verbally. They make it clear what their needs and wants are and what their expectations are. You might say that ‘soul-personality’ people are aboveboard, honest, straightforward and conscious of their feelings and able to express them. They have been educated to think—to discuss issues, alternative ideas, and to formulate opinions. The soul-personality is not manipulative or possessive, nor would it enslave or control another soul, as do the personalities of the ego which function with the goal of manipulation in mind. The ‘soul-personality’ loves and wants to be loved, inspires and wants to be inspired, gives and wants to be given to, listens and wants to be listened to, speaks and wants to be spoken to. What else is there in life but to be loved and to love, to be inspired and to inspire—to give encouragement to someone else that he or she might express the talents of his or her soul individuality? Let us take charge of our own education and train ourselves to speak from our hearts, from our souls, and quit the acting and the hiding. When your soul makes the decisions in your day, of what to do, where to go, and what to say, ‘you’ the ‘soul’ are happy. Who is making the decisions for your soul?

Now that you know what your soul-personality is not, let us begin to uncover *your soul*. Discover your true self. Listen to your own soul speak. Let *your soul* decide what to do with your life.

Let the Stepping Stone exercises bring you back to The Fork In the Road.

WHAT WILL THE STEPPING STONE EXERCISES DO FOR ME?

Reading the exercises will help you, the soul, speak and act. The exercises will help you to disassociate yourself from the robot within—the ego-personalities—the subconscious mind—the automatic-pilot life—which makes you act according to what other people want instead of what you want. They will stop you from acting defensively: fear-based reactions such as putting on an act to cover up your fear. The stepping stone exercises are your directions to unraveling your past and getting you into the present as ‘you’ the