

TA and Christian IDENTITY

We are created and intended for reciprocal relationships and love. Mind and body are connected. Unprocessed trauma, inherited patterns, emotional pain, and poor coping have been shown to lead to a multitude of physical illnesses and disrupted relationships. See www.health.harvard.edu. Deliverance ministry from bondage can be interwoven during therapy. Spiritual bondage often stems from injury to the soul. Deliverance is thus, in itself, not a cure. In addition to liberation in your mind (emotions and feelings), a process of recovery in soul, body, thinking, communication and attachment style is also required. From experience I know that a combination of applying God's Word and professional help in combination with insights on personality and a spiritual approach can heal. Knowing who you are and exploring your true identity provides a strong foundation of self-worth.

For inspiration, see the story in John 5. During a Jewish feast in Jerusalem, Jesus attended the Bethesda pool where sick people gathered, hoping they would be healed. One of the people had been waiting for a cure for 38 years. Jesus asked him if "he wanted to get well". From a TA perspective, this man has a "Do your Best" driver: endless thinking, but not taking effective steps. The man's answer was, "Lord, when the water starts to move, there is no one to help me in it." The bottom line is that the man didn't take his responsibility. His second problem was that he blamed others. The man said, "While I am trying to get into the bath water, another is already in the water before me." He thereby denied his own ability. "That's just how I am" think stuck people.

In TA language, to quote Petruska Clarkson (1992), "what distinguishes 'trying' in the Driver sense from 'trying' in the experiential sense is whether the effort succeeds in achieving the person's stated goals."

Jesus addressed this by naming the necessary step for the man in the story above. "Stand up! Pick up your mat and start walking. Take effective action, thus!

As Christians:

- We live from total surrender to God
 - We think, speak and act from the grace of God the Father, the love of Jesus his Son and from the power and wisdom of the Holy Spirit
 - We bring hope and love through the power of the gospel
 - By God's grace, we free people from their emotional captivity to bad habits and lies and present them with God's truth
 - We bring people to the throne of God's grace to be forgiven and forgive
 - We comfort those who mourn
 - We bring people to God's Father's heart, so that they learn to live not from fear, but from love
 - We guide people to make good choices, to learn new positive habits and to follow their calling with passion and purpose
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- And we are also:
 - Willing to continue to develop ourselves and to be teachable
 - Willing to work without judgment, but also to lovingly correct if necessary
 - Willing to go an extra mile for our clients
 - Willing to develop and use our talents to increase God's kingdom on earth within our means and with the power of the Holy Spirit

Proverbs is full of warnings about the power of a word and reckless words that pierce like a sword. When we are constantly self-critical, we internally create the same physical response (fight, flight, or freeze) as when someone else is constantly critical of us. That puts our immune system at risk and causes relationship problems. With the help of TA, and by applying the Word, we can decontaminate your Adult egostate of that self-criticism that you have unconsciously taken over from a past authority figure.

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