

## The *Not-Enough* Messages Learned as a Child

Many of us were raised in families that used many of the old punitive parenting practices, which Swiss Psychoanalyst Alice Miller called *poisonous pedagogies*. They were designed to *break the will of the child* before one was old enough to remember. Biologist Bruce Lipton describes how we are biologically wired with the results of these pedagogies by the age of seven, as if we are in a hypnotic trance.

Here are some *not-enough messages* some people have heard. Look at the list below. Check the ones you remember hearing as a child. Who did you hear the message from? How old you were? Add any others that come to mind. Write more about these memories and feelings in your journal.

<b><i>Not-enough</i> Message:</b>	<b>The person telling me this was:</b>	<b>My age:</b>
<input type="checkbox"/> You'll never amount to anything.		
<input type="checkbox"/> You should be ashamed of yourself.		
<input type="checkbox"/> Stop crying before I give you something to cry about.		
<input type="checkbox"/> Don't be angry.		
<input type="checkbox"/> Get over yourself and be happy.		
<input type="checkbox"/> Stop that attitude.		
<input type="checkbox"/> You need to respect me.		
<input type="checkbox"/> Give your grandmother (other) a kiss.		
<input type="checkbox"/> Children should be seen and not heard.		
<input type="checkbox"/> Do it because I said so!		
<input type="checkbox"/> You are getting too big for your britches.		
<input type="checkbox"/> You look ugly.		
<input type="checkbox"/> You are fat.		
<input type="checkbox"/> Why can't you be more like your brother (or sister.)		
<input type="checkbox"/> You are so selfish.		
<input type="checkbox"/> You should be grateful for what you have.		
<input type="checkbox"/> Don't be such a cry-baby.		
<input type="checkbox"/> You'll go blind if you masturbate.		
<input type="checkbox"/> Little Miss Know-it-all		
<input type="checkbox"/> Who do you think you are?		
<input type="checkbox"/> Act your age and not your shoe size.		
<input type="checkbox"/> You're an idiot.		
<input type="checkbox"/> You are so clumsy.		
<input type="checkbox"/> You're a lazy bum.		
<input type="checkbox"/> You look like a whore.		
<input type="checkbox"/> I trust you about as far as I can throw you.		
<input type="checkbox"/> You'll be okay, you are a dumb blond.		
<input type="checkbox"/> What do you know? Nothing, that's what.		
<input type="checkbox"/> You're crazy. Grow up.		
<input type="checkbox"/> You're the luckiest kid alive so how can you complain?		
<input type="checkbox"/> Suck it up.		
<input type="checkbox"/> How come you don't have a boyfriend yet?		
<input type="checkbox"/> Your hair is a mess, let me fix it.		

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