

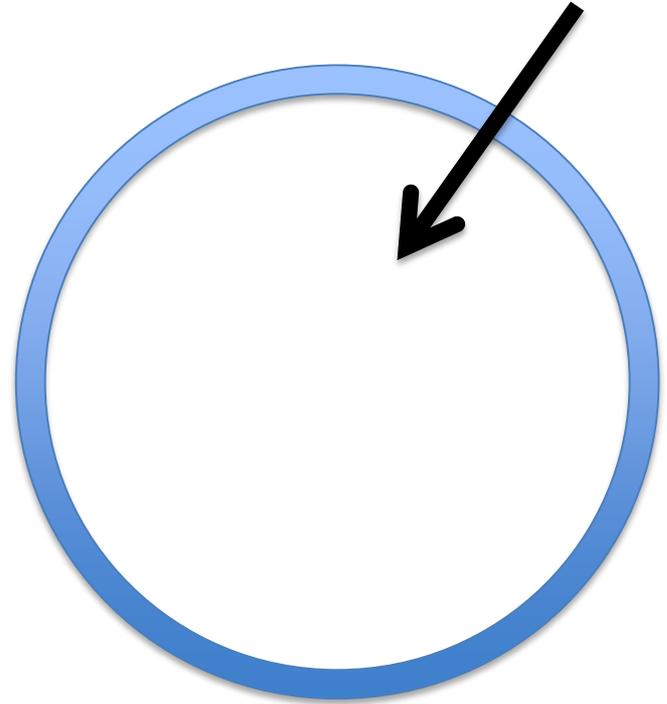
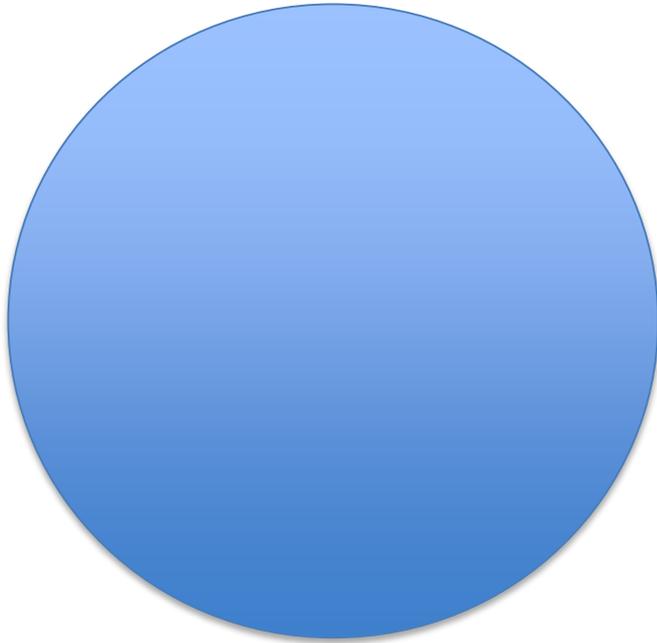
# DV NSW Conference 2015

## Impact of DV on Children

Greg Yee

[gregyee@optusnet.com.au](mailto:gregyee@optusnet.com.au)

Self belief - Is a child is born with it?



Is a child's sense of personal worth already there or does it require someone else to pour it into them?

My view – A child is born with self worth (belief).  
The parent's role is to validate what is there.



By acknowledgment, interest, appreciation and recognition – the parent helps the child's pre-existing self worth become more solid.

If a child experiences what she/he perceives as disinterest, silence, mockery, criticism, judgment, correction etc from the parent, the child will begin to question the worth of who she/he is.

# Impact of non-validation on self worth



If a child experiences what she/he perceives as disinterest, silence, mockery, criticism, judgment, correction etc from the parent, the child will begin to question their self belief. "Maybe I am not so good."

Repeated experiences of disinterest, criticism and correction etc, cause the child's self doubt to grow forming a skin or scab over their existing sense of self worth.

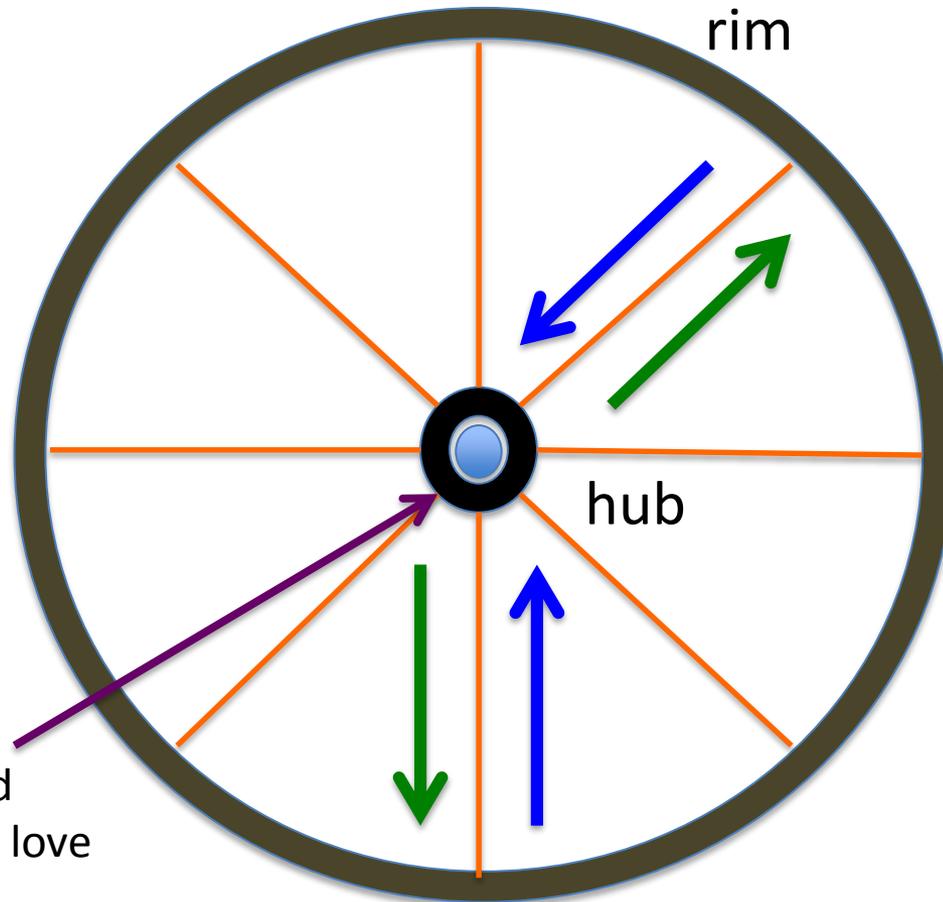
Over time, if the scab grows thicker, the doubt becomes stronger until eventually it forms a belief. (I am bad)

**note : non validation does not cause the inner self worth to discharge and drain away. It is trapped inside the thick negative scab.**

# A way to survive –

Stay on the rim and keep away from the hub

The level of emotional pain increases as I move towards the hub. The level of panic, anxiety and fear increases as I move closer to the hub.



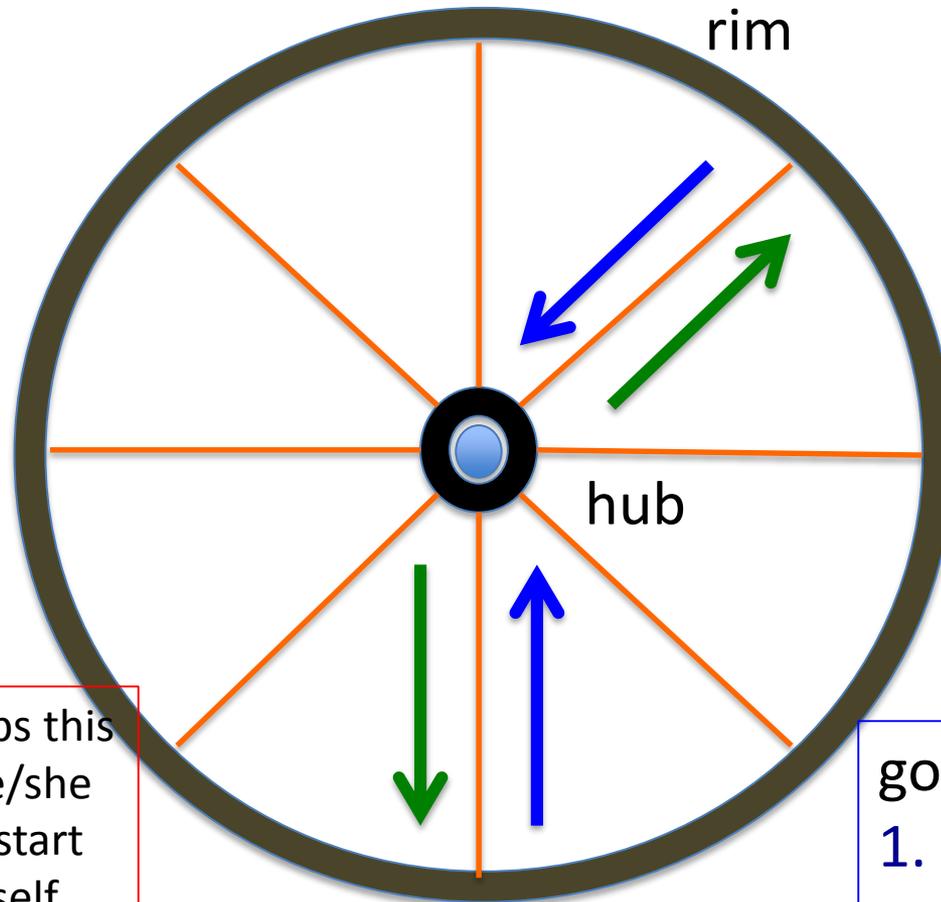
I am bad and unworthy of love

By remaining on the rim, I don't feel the pain and therefore I don't feel the anxiety.

# A way to survive –

safe (lonely), coping (not living), look ok (exhausted), alive (not free)

Each child finds a way to remain on the rim. Their unique strategy is simple and is built on their personality, strengths and what gets the result.



Living on the 'rim' does nothing to address the emotional wound in the 'hub'. The survival strategy is to avoid, not fix. The emotional wound remains sensitive and raw.

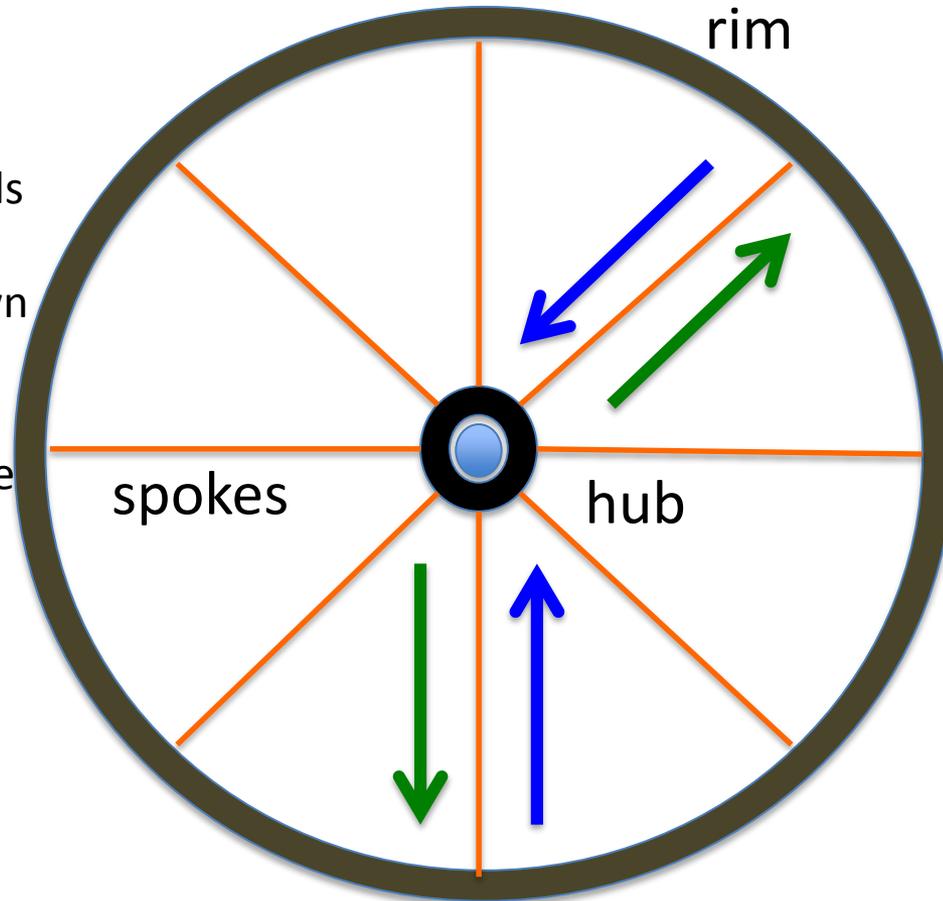
The child develops this strategy when he/she is old enough to start exercising some self control

goal of the strategy–  
1. to avoid hurt  
2. receive love

# A way to survive –

## A strategy to get back to the rim when triggered

When triggered, (something that stirs up emotional pain), the child feels herself/himself being dragged down the spoke towards the hub. Every trigger heads to the hub.

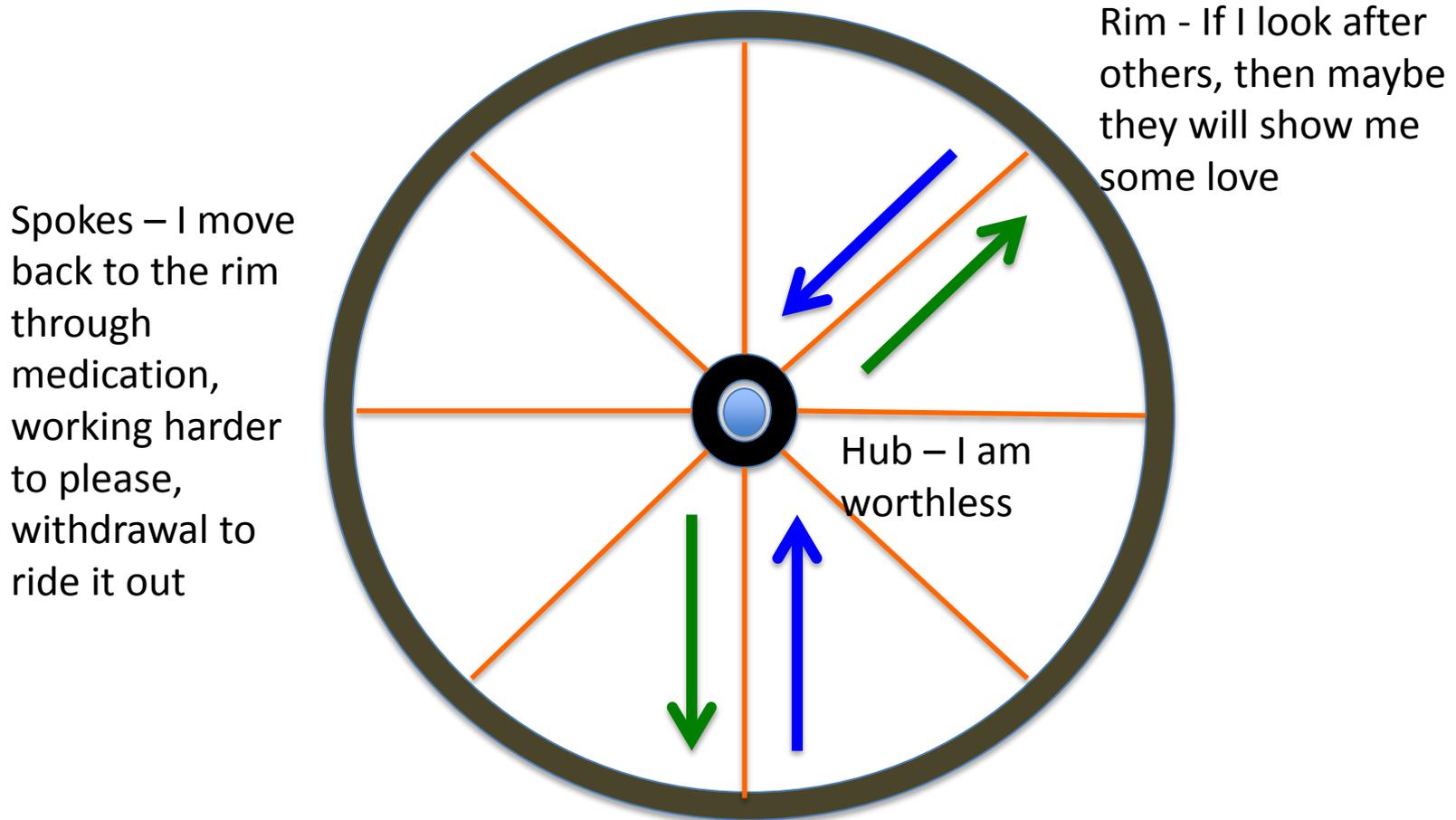


Each child develops a strategy for arresting the slide down to the hub and finding a way back to the rim.

As the child grows from childhood to adolescence and into adulthood, the strategy remains unchanged, though refined

# A way to survive – client a.

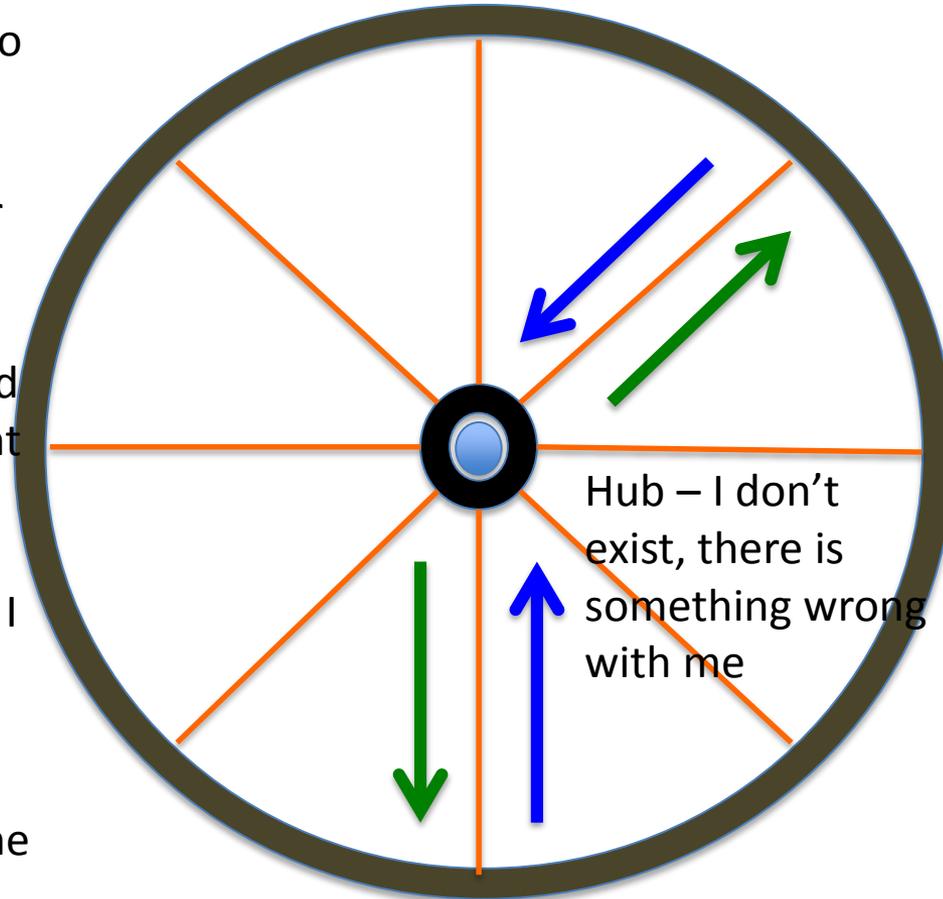
A timid, gentle man - years of depression and anxiety



# A way to survive – client b.

A woman who will fight to be heard

Spokes – I don't do this very well. I turn my pain and anxiety into anger and I yell to be heard, acknowledged and understood. I want to get the other person to admit they were wrong. I need to prove my right to exist. It doesn't work and it takes days for me to settle (put it behind me)

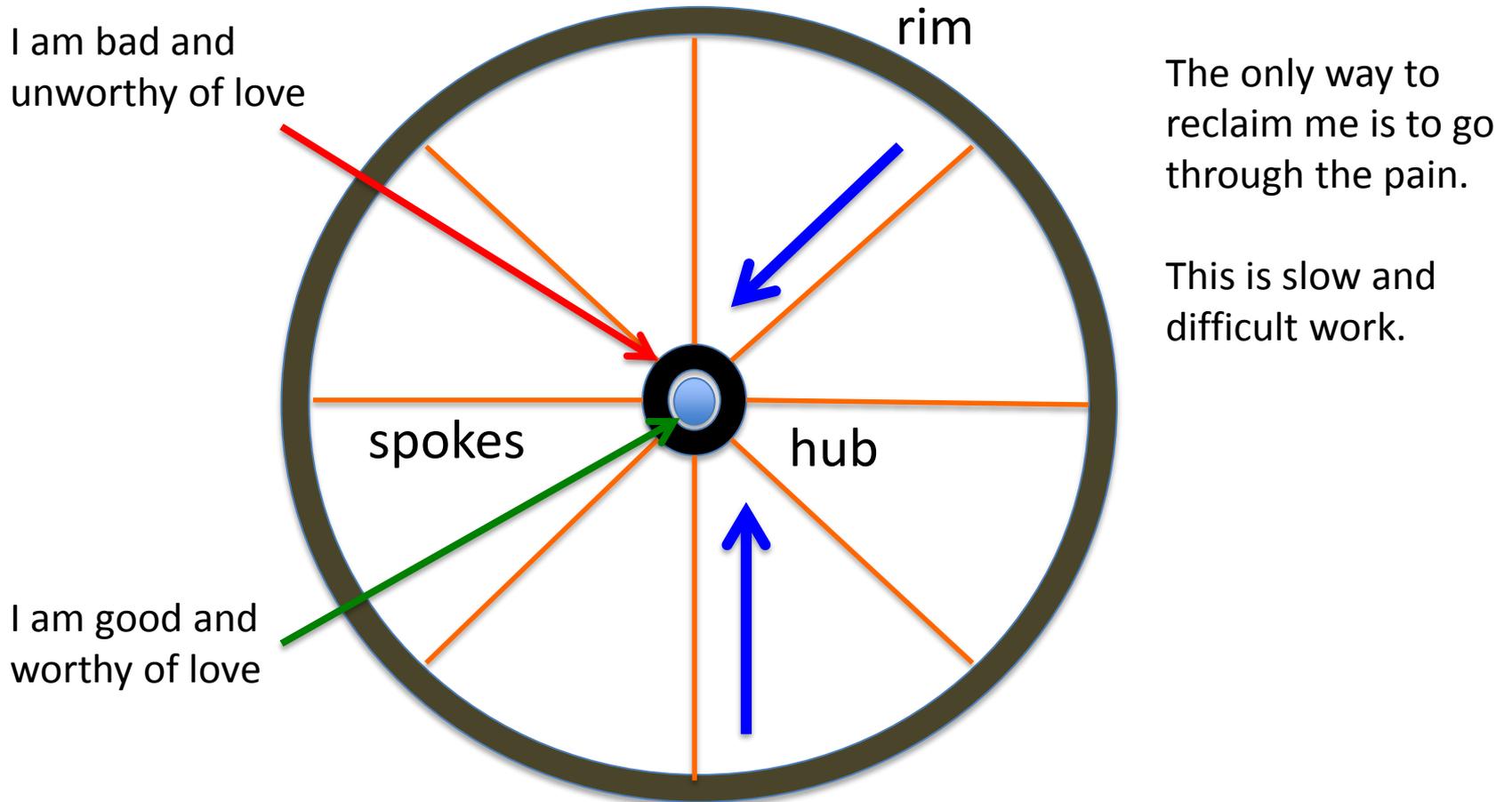


Hub – I don't exist, there is something wrong with me

Rim – I work hard to prove I am ok – study, good mum, good wife etc. I keep very busy. I also pretend I am ok. I wear a happy mask. I control my world.

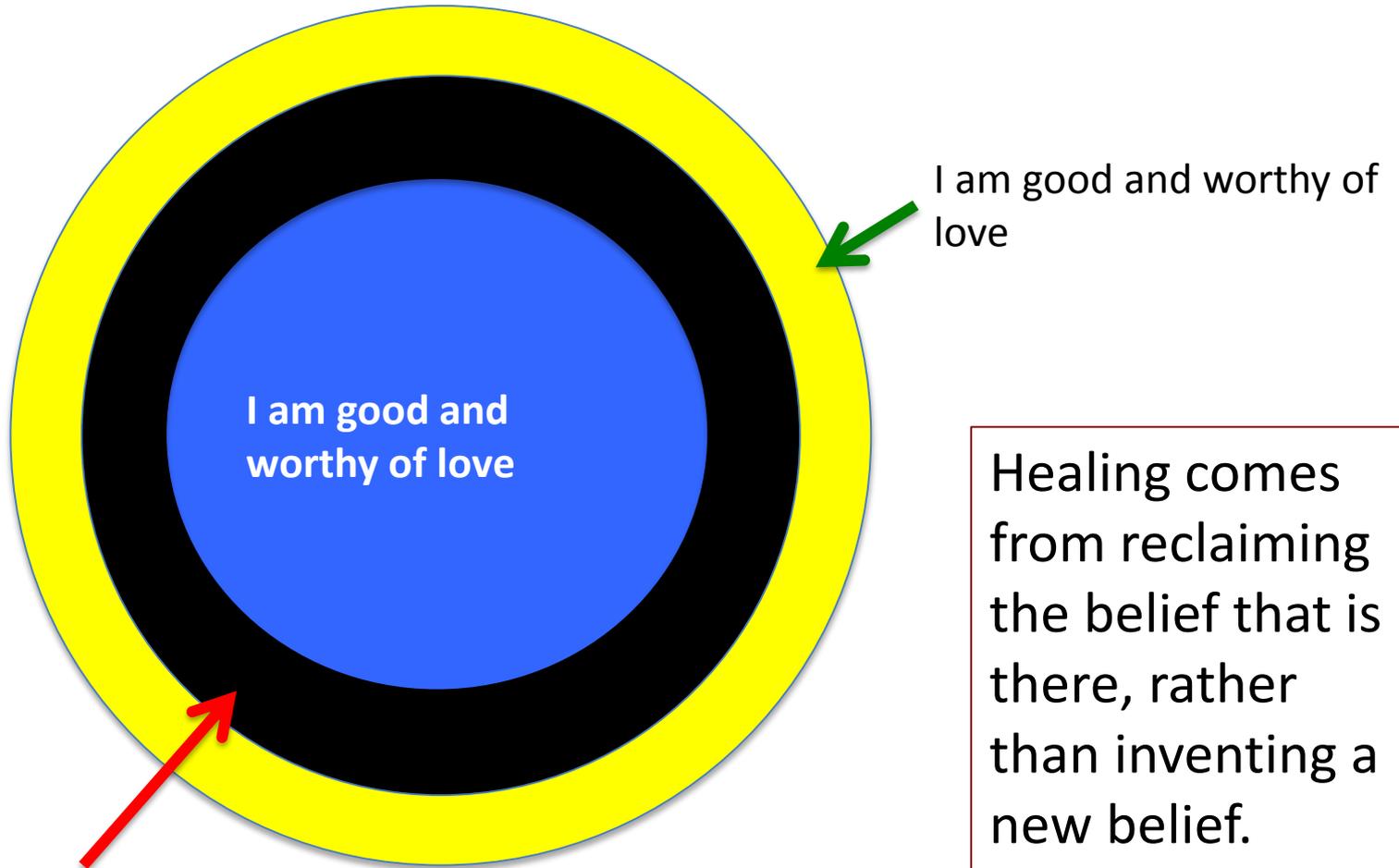
# The long path to healing

Movement towards the hub



# The long path to healing

Movement towards the hub – not creating an extra layer



I am bad and unworthy of love