

BWRT Case Study #1

Pradeep

49 year old male, married. One 9 year old child.

He originally approached me 10 months ago to do the Demartini method with him on his sense of failure around his work. (I am a certified Demartini facilitator). He had done a Breakthrough Experience with Demartini but I established that not only had it had zero impact on him, he didn't really understand the concepts at all.

We only had one session and he never returned. This time he wanted to work on guilt and shame.

He shaves his head, because he is going bald. He is embarrassed about being seen by people who knew him when he had "a great head of hair". His wife and son criticise his looks now.

He is also ashamed of not having achieved his potential in business and doubts his ability.

Level 2 work on guilt, shame and self-doubt.

Overall impressions of this gentleman are that he is anxious, reserved and contracted. He runs a consulting business helping organisations to manage their contract work around mergers and setting up of deals. He says that people in the business context disregard and ignore him, despite the fact that he is smarter than most of them.

I believe he is!

He says he used to have a "lush head of hair" and he now wants to avoid people who used to know him when he had this great head of hair and is embarrassed when he sees people for the first time and they see his "bald shaven head." The reality is that he is actually quite a good looking guy – and not necessarily in spite of his baldness.

His current image: I feel ashamed, self-conscious, different and funny, inadequate, not having achieved my potential, discontent and frustrated and stuck in a rut in my business.

Ideal Self: calm, comfortable content, confident and loving himself as he is.

He says the best thing about being free would be to be free of the shackles of self-doubt and self judgement and unaffected by people what's what people say we think – loving himself as he is.

There was not much progress in the first three sessions. Although generally optimistic about the work and doing his homework he still seemed to be somewhat flat and uncertain about what we were doing.

He came up with a number of triggers. We worked with just two of them and they seem to dissolve all of the others. The two that we worked with were his anxiety and self-doubt in the business context. His antidote was "I don't need to doubt myself when I'm anxious. And I fling my self doubt into the distance." This worked very well for him.

We spent a lot of time working on the next trigger which was a big issue for him when people ask him how his business is going. Initially we came up with "business is going well but I have some inspirational new stuff in the pipeline." We worked on this in the third reboot session but he came back saying it hadn't worked, so we spent quite a bit of time getting to the following: "Business is going great and we're moving into exploring some new opportunities and leveraging all of our skills." He was much more comfortable with this.

In the final session he reported that his wife had said to him in a very sincere way: "I wish you could get your hair back". He said he had never felt so comfortable with this before and didn't need to defend himself at all. In terms of his shame and discomfort he scored at 1/10. A great result.

He also met an old associate after the 3rd session who asked him how his work was going and he didn't feel the shame or embarrassment that he had in the past when asked this question. He said "I'm better than my associates and smart, and this achievement thing in business isn't bothering me any more, I'm saving a lot of clients and seeing things they can't see and feeling my power grow every day."

Fabulous shift in identity.

In the 4th session he also raised a guilt issue that he hadn't raised before when his sister died earlier in the year of kidney failure, at the age of 55. He said: "I should have shared my love for her more and I forgot to wish her happy 50th birthday."

We worked with this guilty secret and he came to the conclusion that "she knows that I care anyway and I forgive myself." He also said: "I've learned to share my love more."

He looked like a completely different guy in this 4th session. Looser, more open, more accessible, more connected. Huge difference!

I will continue to meet with him to work with any triggers that re-emerge.

What so impressed me about this work that from previous experience, I knew that this was a difficult guy. Rigid, stuck in his perceptions, very intellectual. The fact that he liked the Demartini work but that it had had no impact on him was significant. My intuition was that BWRT was the thing.

Overall a very gratifying experience. I think that this issue of working with identity is pure genius. I don't know of another therapeutic model that does this so directly.