



INNERJOURNEYMETHOD™

IJM™ Success stories



Applications of the Inner Journey Method™
and their results

PRACTICAL CASE: SEXUAL ABUSE OF A MINOR

*AND ON HOW TO BUILD A
HEALING STORY BY
TRANSMUTING PAIN*



innerjourneymethod.com

Baseline

CLIENT

Myriam is the mother of a 25-year-old girl, who 20 years ago suffered sexual abuse by her own father (and Myriam's ex-partner).

OBJECT OF THE INTERVENTION

Myriam feels the need, encouraged by her daughter, to do something positive about the traumatic experience.

She states that the whole process has taken her many years: from realizing that the abuse was taking place, the complaint and judicial fight, the difficulty of understanding by the family environment, the search and process of support and backing both of the daughter and of herself to overcome the emotional affectations up to now, with the unspecified need to turn what happened into an action to help other people.

SESSION 1

In this case, Rosa opts for a spontaneous dialogue with powerful questions based on a series of random images.

DYNAMIC 1: IMPORTANT IMAGES AND MEANING



Myriam, who has previously worked with Inner Journey Method images, is offered to choose a random image with the invitation that says something about what is important in this matter.

Of the 107 possibilities, this image comes out randomly, which causes Myriam a first emotional impact, which leads her to express how it hurts her that her daughter was defenseless before her father, an adult who should have cared for and protected her, although somehow she was able to take care of herself, explaining, with only 5 years, what was happening.



After a little more initial exploration, the question is “**Now what do you want to do?**” Which is answered through this image.

"I do not want to add more pain, or suffer again. My great motivation is to bring this awareness to society, which is abused from trust. I want to help create more awareness and knowledge that these situations happen, open our eyes to improve the situation and help to end the suffering of children."

DYNAMIC 2: CONNECT THROUGH THE IMAGE

I propose to Myriam a question: How can you focus concretely to contribute to this awareness?

I invite her to **answer through the selection of a series of images**. The idea is to make her project more specific.

We let Myriam connect with what the image suggests, and on occasion she's invited to broaden her perspective with additional questions:



She then expresses the difficulty of **seeing** what was happening, when individual phrases and clues appeared, and then she wondered how she could not see it before.



Success: sense of triumph.

I want to speak from here. It is very possible to overcome tough and difficult situations, with success, from simplicity.

"I can show myself as a success, for having overcome this adversity, this cruelty."



"The vast majority of abusers are men, and it's up to them to make an effort. In general, it is in their hands to propose axes of sovereignty and better public health. Less muscle and being more of an important axis to heal ourselves socially."

I ask her about the concept of "effort" that goes with the image.

What is this effort?

Then she says that she does not like to write, that she sees it as a titanic effort. Maybe she'd ask for help at some point.



"There should be some games or stories to make children understand what is YES and what is NO (I leave it to the pedagogues). Create didactic material so that the child knows internally, to help him in cases of confusion."

To help her see another dimension of the image, I ask her:

How can you take care of this project?

She responds that she has to keep in mind and take care of the objective and not neglect the project. **Now is the time to do it.** She becomes aware that she must, and wants to, prioritize the project before other interests, and she proposes to temporarily stop other activities.



"I want to let people who have suffered know that they are a diamond, and that it is not fair that they have had to live. I have a lot of love for these people."

Myriam had focused on the word and remembering that we are specifically asking about how to finalize the project, I ask her:

Who has to lead that project?

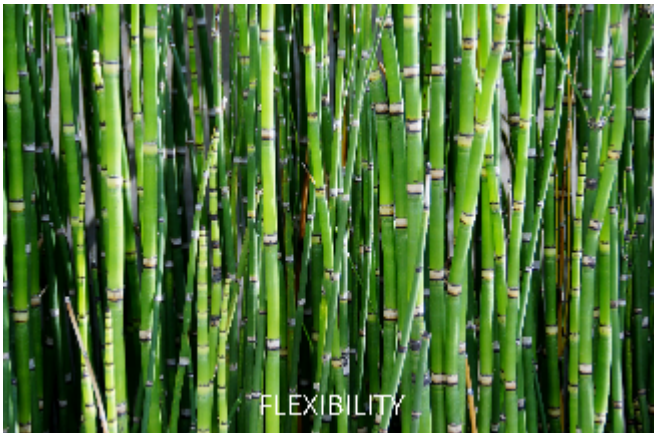


Ask for another image to clarify it. Then **she reaffirms herself**, and says **"It's my project, I have to be the one who has to lead it"**.

She had doubted about it before, she wanted to find other people to do it together but now she is convinced of the need to lead the project.



"My message to all: we have this challenge as a society, this attitude is what I ask of all. We can't delay it any longer, we must get hands on and with a sporty attitude, build a better society for all. It is motivating to be able to achieve this."

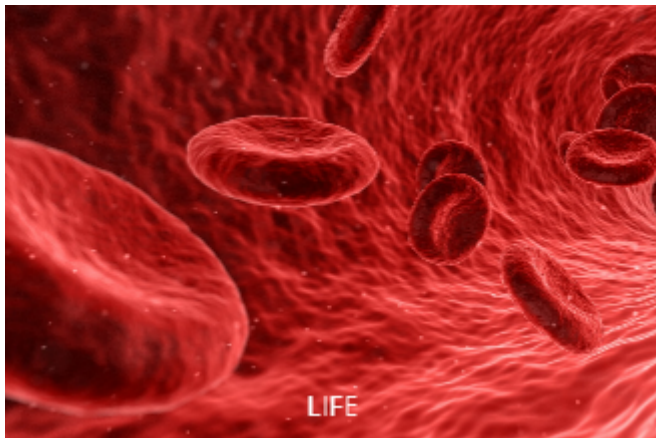


"Bamboo is an example of strength. It takes a long time to grow, because it first takes root, it is very flexible. For the survivors of these situations, I wish that all that pain could be like those flexible roots. Although it takes time, they can develop like this bamboo, beautiful and with those qualities."

In this first session, then, Myriam begins to specify some aspects of how she wants her project to be. She ends the session by listing the next actions she's about to take.

SESSION 2

DYNAMIC 1: IMPORTANT IMAGES AND MEANING



To start the session, Myriam opts for a random image and this is the one she gets.

Through this image, Myriam expresses that she feels hurt, she feels pain. She explains that a few days ago she learned that her ex-partner, father and abuser of her daughter, had once again abused a little girl. This time the girl belongs to the family of a brother of her, who at the time did not believe Myriam's accusations.

I observe the contrast of the concept "life" with the sensation of feeling "hurt", and I make a mental note that the same thing that has hurt her now, in a certain way also gives her life. I do not express it or ask it, waiting for it to emerge.

DYNAMIC 2: CONNECT THROUGH THE IMAGE

We are exploring Myriam's needs right now, to sound out how this new information affects her project. Choose the following images:



"Now I need to digest it."



"I have mixed emotions: deeply hurt and at the same time, a kind of healing joy. I have to allow myself to feel all this range of feelings and states. This confirms the indication that the injury at the beginning is also compatible with an acknowledgment by his family that he had not had until now."



"I have to assimilate, meditate, think, give myself time. To think about all the work done and all the positives of this stage: from going from abuse of my daughter to current abuse, my attitude is different now. It is rediscovering me, bringing a self-knowledge. I am not mad at this family that has not believed me. The minor must be protected."



"It gives me strength. It is an undeniable reality. Two big diamonds: my daughter and me. Remember how much my daughter is worth, how much I am worth. No victimizing speech. What are my strengths and have them clearer."



"I need to be heard. So far I have explained very little. Even with my own family."

EMPATÍA



EGOÍSMO

We take out a "balancer".

"I need to receive the empathy of my environment. I don't have to be tough. I need to be by myself. Self-care. Make myself available in case they need me (the family of the other minor) and at the same time, not forget about myself."



"I need to order my memories, so that they are reviewed, clean, and do not accumulate dust, parasites, so that they do not bother, that they do not prevent the exit to another state. It is necessary to do it but not to stop there."

As it is clear that this is not the time to continue with the project, the following question arises:

What is the best way to take care of myself these days?



"Tenderness, towards my daughter and towards myself being affectionate with me. Attending my needs."



"Play and create. I need to do something manual, I am going to repair and take care of an old lamp that comes from my parents."



"Avoid anchoring myself in toxicity. I have to be careful with anger, revenge, and, if I feel it, not stay there."

The second session, as herself states, adds a “chapter” to her project book. She knows that new events are important before the courts, her immediate surroundings, the social impact and also legally. **On an emotional level you need to integrate it to continue with your project.**



INNERJOURNEYMETHOD™

Inner Journey Method™ es un método de introspección, para la observación de los propios procesos mentales y emocionales, y dinamización de actitudes, emociones y disposiciones a la acción para el cambio.

innerjourneymethod.com

