

# Divine Truth Assistance Group Outline

## Understanding Self: Introduction

### **Jesus' Observations Regarding Stagnation:**

#### **Those who are stagnant do not:**

- ... really understand themselves
- ... really understand or even want to know God
- ... really want to come face to face with the truth about themselves

#### **Those who are stagnant do:**

- ... want to ignore their own true condition
- ... want to ignore God
- ... want to ignore feeling and experiencing their own painful emotions
- ... want to ignore the damage they do to others by their own choices
- ... want to ignore what God created them to be

### **Importance of Understanding Self & how you were made**

Without understanding yourself you cannot grow and change

Without understanding how you were made you cannot engage the real process of growth  
We must understand we are a soul, and how that soul functions

## Introduction To The Three Selves

### **The 'three selves' are:**

- The undamaged self God created
- The damaged or hurt self that your environment and you created
- The façade self your environment and you created to avoid the other two selves

### **We are talking about the 'three selves' from an emotional, soul based perspective**

It is a single self, fragmented by the denial of the real, denial of the hurt, and the preferred creation of the façade

## What Is My Real Self?

### **My real self:**

- The personality of my real self is created by God
- The expression of my real self is controlled by myself alone
- The development of my real self is controlled by myself
- My real self has the ability to grow and change
- At my conception my real self has not been hurt, and did not play facades
- We can call my real self "**God's Child**"

### **My real emotional self:**

- Is sensitive, aware, perceptive and insightful
- Is expressive, animated, communicative, open and unrestrained
- Is honest, truthful, sincere, frank, candid, blunt and transparent
- Is adventurous, courageous, daring, bold, creative, brave and audacious
- Is curious, inquisitive, questioning, probing, searching and enquiring
- Is emotional, feeling and sensing
- Can **develop** to become wise, intelligent, clever, gifted and logical
- Can **develop** to become sensible, practical, responsible, accountable, dependable and rational
- Can **develop** to become loving, caring, kind, gentle, considerate and compassionate

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## **My real self lacks development for the following main reasons:**

Others created damage or hurt to my real self at a very young age (conception onwards)  
Others attempted to force me into a façade to suit them at a young age which further damaged my real self (conception onwards)  
I continued to damage and hurt myself through my choices as I used my will  
I continued to develop the façade to meet my own or others expectations as I used my own will  
Consequently, my real self remains undeveloped, untrained, and remains potential only  
We can call my real self my "**Unknown Potential Self**" to help us identify

## **What Is My Hurt Self?**

### **My hurt self is:**

Created by other people harming me (from conception onwards)  
It is injured further by my harming myself or others through my choices  
Is stagnant at the age the damage or harm was created  
Contains most my own inner causal emotional pain and suffering  
We can call my hurt self my "**Hurt Child**" to help us identify

### **My hurt emotional self:**

Is pained, hurt, aggrieved, wounded, injured, upset, and distressed  
Is timid, nervous, shy, fearful, hesitant, apprehensive, cautious and concerned  
Is fragmented, disjointed, uneven, suppressed, dormant, undeveloped, concealed, embryonic  
Is humiliated, shamed, embarrassed, disgraced, unfavoured, and self-conscious  
Is rejected, discarded, unwanted, and unneeded by others  
Is angry, rebellious, self-absorbed, self-centred, and lacks awareness of surroundings

### **My hurt self (hurt child) lacks development for the following main reasons:**

Each hurt is 'frozen' at the age the hurt occurred no matter who caused the hurt  
Each hurt, while it remains, prevents God's Truth from entering on the same subject  
Each hurt, while it remains, prevents my ability to feel and experience love as an emotion  
Each hurt, while it remains, defines my understanding of truth and love  
Each hurt is locked up inside, & cannot be released without sincere emotional expression  
Unless the hurt self is felt emotionally, the hurt self cannot grow emotionally  
Consequently, my hurt self remains young, childish, immature, contained & restricted

## **What Is My Façade Self?**

### **My façade self is:**

Is created in childhood by other people wanting me to be different to my real self (conception onwards)  
Is further developed by my purposeful desire to ignore my real and hurt selves  
Is often very 'adult' in nature, since adults or myself as an adult developed the façade  
Contains all of my mechanisms for coping, managing and controlling my life  
Has been formulated so that others firstly, and then I, could avoid feeling pain or my real self  
We can call my façade self my "**Adult Façade**" to help us identify

### **My façade emotional self:**

Loves addiction, compulsion, obsession, urges, cravings, fixation and mania  
Loves bullying, force, harassment, oppression, repression, coercion and manipulation  
Loves abuse, cruelty, nastiness, meanness, brutality, viciousness and unkindness  
Loves resistance, conflict, confrontation, disagreement, quarrel and squabbling  
Loves arrogance, condescension, superiority, conceit, disdain, pride and egotism  
Is insensitive, unaware, lacks perception or insight  
Is un-expressive or false in its expression, pretending and made up  
Is unanimated or false in its animation, lethargic or forced vibrancy

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Is closed, reserved, controlled, forced, guarded and untrusting  
Is dishonest, untruthful, insincere, lacks frankness, opaque and is not candid  
Is prying, interfering, snooping, nosy, meddling, intrusive, invasive and pushy  
Is unemotional or falsely emotional, unfeeling, unwise, dumb, stupid, and illogical  
Is fixed, immovable, predetermined and rigid  
Is apathetic, lazy, disinterested, uninvolved, bored and unconcerned  
Is unwise, imprudent, thoughtless, irrational, reckless, irresponsible and careless  
Is selfish, self-absorbed, self-centred, narcissistic and vain

## ***My façade self lacks development for the following main reasons:***

The façade is a figment of our or someone else's creation and imagination  
The façade is denying the real emotions of the real and hurt selves  
The façade is managing or controlling the direction of growth & awareness  
The façade has no interest in true soul based progression of the real or hurt self  
The façade is an imitation adult, a baby or a fiction in adults clothing

## ***Progression***

### ***To progress towards God and ourselves we must engage the following sequence:***

Remove the façade self  
Educate, feel and experience the hurt self  
Develop, educate, feel, and experience the real self's qualities, attributes and personality  
Develop a desire in the real self to receive God's Love and Truth  
Develop a desire in the real self to be loving and truthful with others

### ***The most difficult process is to remove the façade self because:***

The façade self has the most resistance to love and truth  
The façade self wants to retain itself  
The façade self wishes to avoid all painful emotion  
The façade self is angry and resentful towards God

## ***Conclusion***

### ***We must understand ourselves to progress***

This is a part of our using our will to educate ourselves about love  
This requires a personal effort on our own behalf

### ***We must experience the emotions associated with each part of ourselves***

The façade self  
The hurt self  
And the real self

## ***Next Discussion***

(After Break)

***We shall discuss the subject: "Understanding Self: Deconstructing The Façade Self"***