

## A Blended Approach Success

This is a true story of a case that I work with on relationships with colleagues and family.

It was presented to me as an initial goal of wanting a more structured career direction and guidance. Coaching was deployed as it was a career coaching intent. As we explored deeper, relationship issues surface. The client became frustrated that she is always having problems working with people, as she was not respected and sometimes was treated rudely.

In the second coaching session, I asked for permission to use counseling therapy to understand why she is facing life patterns that repeat itself over the years.

It was an astonishing discovery for the client as she traced back into her childhood conditioning that was very isolated and forced to fight for her survival and protect her siblings. Over the years, her Parent Script has become part of her sitting silently and appear aggressively whenever she was challenged.

In TA, life script is fundamental as it sits silently in your subconscious to direct your action without you even realizing it. The client was not close to her husband and her children as her conditioning script since young was "you need to protect your family" the constant "action mode" has camouflaged her need to be loved to find her value and self-worth, her best position is always "I manage you first, just listen to me because I am protecting you". This "script conditioning" has led her to behave authoritatively and aggressively, fighting for her success and survival.

Using TA as a therapy approach to work a deeper layer with my client helps her unstuck her life patterns, hampering her close working or family relationship.

I am convinced how TA can help one move on with life by gaining a deeper understanding of how early years "script" can be a mental trauma for someone impacting negatively.

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