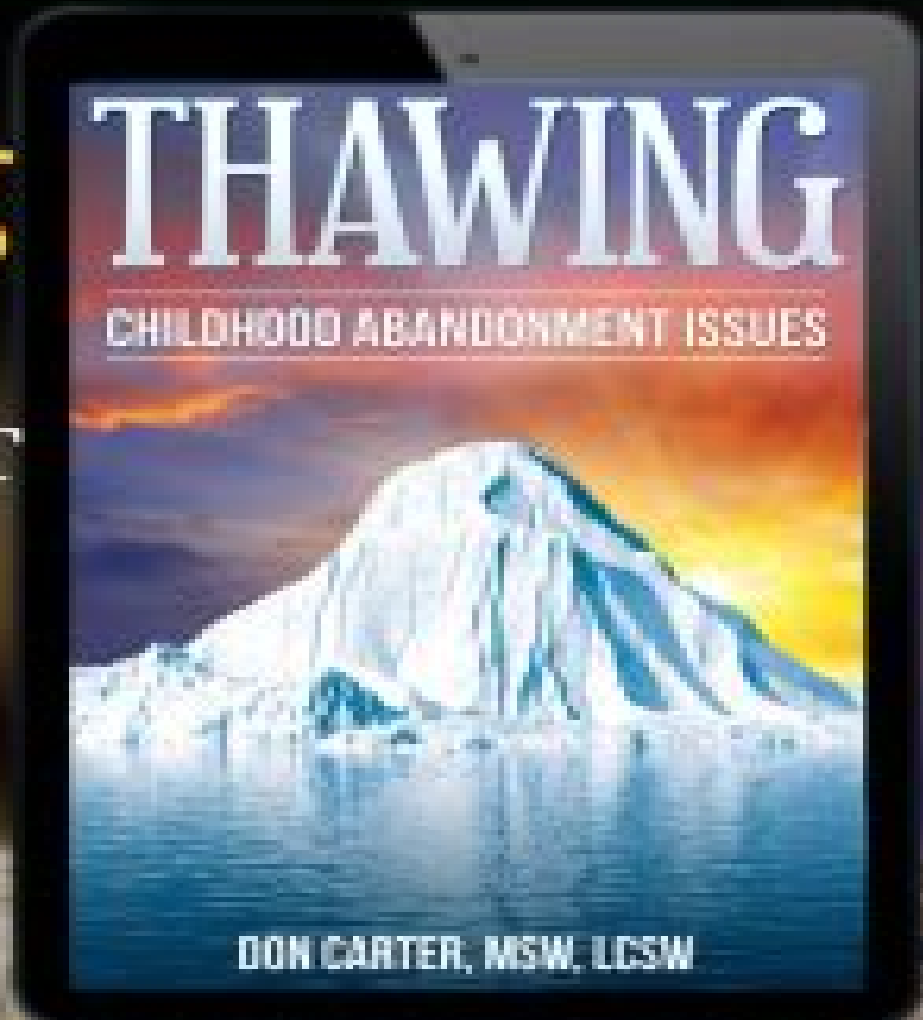


# Thawing Abandonment Audio Course

## Thawing CHILDHOOD ABANDONMENT ISSUES ONLINE COURSE



# Thawing Childhood Abandonment Issues

**Don Carter**



## **Thawing Childhood Abandonment Issues:**

Thawing Childhood Abandonment Issues ,2016 As Rod Stewart said back in the 1970 s the first cut is the deepest Since Thawing Childhood Abandonment Issues focuses on those first and deepest cuts it is a program that will take a while to work through completely This puts a strong focus on experiencing and releasing the emotions of the past and relies heavily on its many audio programs to facilitate the emotional component to that healing process NOTICE This Book contains sections that are greatly enhanced by the use of 60 MP3 complimentary audios that are downloadable separately Contact the author for more information See the title page for contact information Thawing Childhood Abandonment Issues is an Inner Child approach for grieving abandonment issues and healing the unfinished business of childhood Since the wounds of unmet childhood needs are emotional in nature recovery from these wounds needs a healing process emotional in nature We humans are also meaning makers and information processors who need to know why and how we are the way we are That s why Thawing Childhood Abandonment Issues is designed with an insight oriented cognitive component as well as an experiential emotional component Thawing Childhood Abandonment Issues is an Inner Child focused step by step approach for grieving abandonment issues and healing the unfinished business of childhood Since the wounds of unmet childhood needs are emotional in nature recovery from these wounds needs a healing process emotional in nature The program integrates an interactive workbook with approximately 60 MP3 Audio programs that are designed to help release blocked emotions and resolve childhood grief loss issues While the audios are not absolutely necessary they will enhance healing process dramatically Contact the author for information on how to download the complimentary audios See the title page of the book for contact information During the wounding process the pain that accumulated during the first stage of development was carried forward as a foundation for the work of the second stage then the combined pain from the first and second stages are carried forward as a foundation for the experience of the third stage etc Similarly the healing that accumulates as you work through the first stage is carried forward as a foundation for healing the second stage then the combined healing from the first and second stages are carried forward as a foundation for healing the third stage etc

**Thawing Childhood Abandonment Issues** Don Carter,2012-06-01 Thawing Childhood Abandonment Issues is an Inner Child approach for grieving abandonment issues and healing the unfinished business of childhood Since the wounds of unmet childhood needs are emotional in nature recovery from these wounds needs a healing process emotional in nature We humans are also meaning makers and information processors who need to know why and how we are the way we are That s why Thawing Childhood Abandonment Issues is designed with an insight oriented cognitive component as well as an experiential emotional component The program integrates an interactive workbook with over 50 Audio programs that are designed to help release blocked emotions and resolve childhood grief loss issues As Rod Stewart said back in the 1970 s the first cut is the deepest Since Thawing Childhood Abandonment Issues focuses on those first and deepest cuts it is safe to

estimate that will take perhaps several months to work through completely It puts a strong focus on experiencing integrating and releasing the emotions of the past For this reason the program relies heavily on its many experiential audio programs to facilitate the emotional component to that healing process Thawing Childhood Abandonment Issues mimics the developmental processes of childhood During the developmental stages of childhood the pain that accumulated during the first stage of development was carried forward as a foundation for the work of the second stage then the combined pain from the first and second stages are carried forward as a foundation for the experience of the third stage etc Similarly the healing that accumulates as you work through the first stage is carried forward as a foundation for healing the second stage then the combined healing from the first and second stages are carried forward as a foundation for healing the third stage etc While the audios are not absolutely necessary they will enhance healing process dramatically Visit <http://store.internetofthemind.com> to purchase the Thawing Childhood Abandonment Issues program audios Thawing Childhood Abandonment Issues is the second in the four part Thawing the Iceberg Series by Don Carter MSW LCSW

**Thawing Toxic Relationships** Don Carter MSW, LCSW, 2012-09-17 Thawing Toxic Relationships is number three of a four part series entitled Thawing the Iceberg The Thawing the Iceberg Series is designed to address various issues outlined in the author's bestselling book Thaw Freedom from Frozen feelings The other two books in the Series are Thawing Adult Child Syndrome and Thawing Childhood Abandonment Issues Thawing Toxic Relationships is a book about healing and co creating healthy functional relationships for those who grew up in a dysfunctional family If you relate to Don Carter's Iceberg Model would like to have a genuinely happy and functional relationship then this book is for you Building healthy relationships a skill that eludes most people who have been raised in a less than nurturing family is the ultimate objective for Thawing Toxic Relationships These three books take the reader into three specialized pathways to healing the abandonment shame and contempt outline in Carter's Book Thaw Freedom from Frozen Feelings Read about the Cycle of Drama the Chemistry of drama how to save your marriage improve communication how to set and maintain healthy boundaries be assertiveness identify relationship mind games Distance and Pursuit games the Punishment Cycle the Drama Triangle and why we play them Gather the tools and skills necessary to overcome these and many other dysfunctional relationship patterns Growing up in a moderate to severely dysfunctional family does not offer the necessary training to co create a healthy happy Thawing Toxic Relationships helps you heal your relationships with those who are most important to you

**Thawing Toxic Relationships** Don Carter, 2012-09-17 Thawing Toxic Relationships is number three of a four part series entitled Thawing the Iceberg The Thawing the Iceberg Series is designed to address various issues outlined in the author's bestselling book Thaw Freedom from Frozen feelings The other two books in the Series are Thawing Adult Child Syndrome and Thawing Childhood Abandonment Issues Thawing Toxic Relationships is a book about healing and co creating healthy functional relationships for those who grew up in a dysfunctional family If you relate to Don Carter's Iceberg Model would like to have a genuinely happy and functional

relationship then this book is for you Building healthy relationships a skill that eludes most people who have been raised in a less than nurturing family is the ultimate objective for Thawing Toxic Relationships Read about the Cycle of Drama the Chemistry of drama how to save your marriage improve communication how to set and maintain healthy boundaries be assertiveness identify relationship mind games Distance and Pursuit games the Punishment Cycle the Drama Triangle and why we play them Gather the tools and skills necessary to overcome these and many other dysfunctional relationship patterns Thawing Toxic Relationships Sample of content NOTE All books in the Thawing the Iceberg Series contain the Iceberg Model in the first five chapters so that they stand alone as a complete work Chapter 1 What the hell is wrong with you p 4 Motivation Dependency Needs Iceberg Model Chapter 2 Anatomy of an Emotional Wound p 16 Abandonment Shame Ego State Functioning From Section 1 1 Core Issues Codependents Counter Dependents From Section 1 2 Exploring Your Developmental Stages p 54 Assessing the Development of Psychological Positions Relationship Styles From Section 1 3 Infatuation Identification vs True Intimacy p 65 Why we Hurt the Ones we Love Cycles of Abandonment Shame and Contempt From Section 1 4 Psychological Sweatshirt s p 72 Examples of Mixed Messages Relationship Polarities From Section 2 1 Structuring Time the Three Hungers of the Inner Child p 76 Structure Hunger Stimulus Hunger Position Hunger From Section 2 3 Games We Play p 86 Complimentary Crossed Transactions From Section 2 3 Distorted Perceptions Payoffs for Playing Games p 94 Some Classic Mind Games Moves and Payoffs From Section 3 3 Are You Living Life in Reaction p 110 Friend or Foe Treating Each Other Like an Enemy From Section 3 7 Key Relationship Skills p 119 Communication Ego State Functioning From Section 3 7 6 Analyzing Your Transactions p 127 Analyzing Communication Feelings Emotions *Thaw - Freedom from Frozen Feelings* Don Carter,2011-10-23 The author prresents a therepeutic model for dealing with the emotional wounds of abandonment shame and contempt created by growing up in a less than nurturing family From back cover **Thaw** Don Carter,2011-10-23 THAW Freedom from Frozen Feelings is a book about the emotional wounds of abandonment shame and contempt created by growing up in a less than nurturing family If you experience abandonment issues emotional flooding toxic shame a pattern of dysfunctional relationships or you help people who do THAW Freedom from Frozen Feelings is a must have The book outlines the wounding process experienced by those who were raised in a less than nurturing family how those emotional wounds show up in various personal and interpersonal problems in adulthood An innovative easy to understand integrated model of addiction codependency enabling relationships Adult Child Syndrome and other manifestations of emotional abandonment is presented Moderate to severe cases of abandonment comes from situations in which the child does not fully or consistently get their emotional dependency needs met such as when the child lives in a shame based family system In such families the children get messages of disapproval through constant criticism rather than messages of approval and warmth A shame based family system is characterized by the parent s use of shame to provide direction Children who get their dependency needs met fully on a regular basis will thrive flourish and grow at a

healthy pace Life will be good for these kids In the worst case scenario kids who do not get their needs met at all will experience a failure to thrive and many will even die from these emotional wounds also known as original pain of abandonment of childhood dependency needs When parents do not meet the needs of their children it is not usually because the parents don't love them Most parents do the best they can In fact I cannot count the times I have heard parents say I try hard to make sure my kids have it better than I did But wounded people wound people Because of this one might ask So why go back and dig all that up again This book answers that question      *Thawing Addiction* Lcsw Don Carter Msw, 2018-10-04

*Thawing Addiction* The Tip of the Iceberg is the 5th book in Don Carter's Thawing the Iceberg Series Addiction comes in many forms and while each of them have their own idiosyncrasies recovery from them is generally the same process Carter believes What works for most people works for most people The more than 200 Twelve Step programs available today are testimony that what works for addiction is Twelve Step recovery in the vast majority of cases But beginning a Twelve Step journey begins AFTER transition from a lifestyle of addiction to a lifestyle based upon recovery In *Thawing Addiction* the author draws upon more than 30 years of service in the treatment of addiction to outline the most critical issues to be faced during the transition stabilization and early stages of recovery Anyone struggling with any type of addiction will benefit from understanding and addressing these critical issues Carter lays out the issues in an organized and systematic way culminating with a Universal Step One for all addictions That first step is based upon all of the knowledge outlined in the preceding chapters As with the other books in the series *Thawing Addiction* begins with a presentation of the authors Iceberg Model Each book then zooms in on a specific aspect such as complex PTSD childhood abandonment issues Adult Child Syndrome toxic relationships and in this case treatment and recovery from all forms of addiction including Codependency In *Thawing Addiction* Carter outlines how Codependency is an addiction to the outside of one's self He demonstrates how the signs and symptoms of Codependency follow those same signs and symptoms for any addiction Don Carter has over three decades of professional experience as a licensed Clinical Social Worker helping people recover from addiction toxic shame PTSD codependency Adult Child Syndrome and the relationship problems resulting from these issues His Iceberg Model is a 30 000 foot view of the big picture as the model synthesizes Addiction Codependency and Adult Child Syndrome into one systemic model that is easily understood by people who have grown up in a less than nurturing or otherwise dysfunctional family The Iceberg Model is presented in each of the other books so that the reader can start with whatever aspect they are most impacted by without having to read the other books first In other words each book in the series stands alone *Thawing Addiction* may be the fifth book in the series but if addiction is at issue then it is definitely the one to start with because healing the issues outlined in the Iceberg Model must proceed from the top down Addiction is at the Tip of the Iceberg for many reasons Most of all because if one begins working on the most painful issues first it can and usually does stir up a compulsion to seek comfort and relief the only way the addicted person knows how by engaging in their addiction of choice

Thawing Addiction is a complete guide to the many critical issues that must be addressed during the transition and stabilization period of early recovery. One must develop a lifestyle of recovery with all the supports in place to achieve abstinence and possess the coping skills and resources to face the deeper issues. The author defines addiction as an unhealthy primary relationship with an object or activity designed to produce the desired mood swing on that brings momentary comfort and relief. Thawing Addiction: The Tip of the Iceberg presents the issues relevant to anyone in early recovery from any addiction. **Medical and Health Annual**, 1968. Thawing Adult/Child Syndrome and Other Codependent Patterns Don Carter, 2012-04-01 geared toward surfacing the underlying patterns of behavior and limiting beliefs that keep us stuck in unproductive relationships, the original wounds of abandonment, shame and contempt, and how our subconscious mind adapted to the unique circumstances of our childhood by creating survival skills that now interfere with healthy coping. P 4 of cover. Cumulated Index Medicus, 1987. Loyola of Los Angeles Law Review, 1998.

Current Law Index, 2001. **Black Swan** Susan Anderson, 1999. This book provides the twelve lessons for healing from the loss of love. It is presented as an allegorical tale of a child who meets a magical black swan after she is abandoned in the forest by her father. This story within a story includes the author's own experience with loss. Thawing Adult-Child Syndrome Don Carter, 2012-04-05. Thawing Adult Child Syndrome and other Codependent Patterns is the first in the four part Thawing the Iceberg Series by Don Carter MSW LCSW. All of the books in the series are written to stand on their own as a complete program. The Thawing the Iceberg Series is a set of programs designed to assist in the healing of the emotional wounds outlined in the author's original work Thaw Freedom from Frozen Feelings. Thawing Adult Child Syndrome is geared toward surfacing the underlying patterns of behavior and limiting beliefs that keep us stuck in unproductive relationships, the original wounds of abandonment, shame and contempt, and how our subconscious mind adapted to the unique circumstances of our childhood by creating survival skills that now interfere with healthy coping. Anyone who has ever found themselves repeating dysfunctional patterns that has caused problems in their life and relationships and then wonder Why do I do that or Why am I like this is likely to be experiencing habitual subconscious programming that has been referred to as Adult Child Syndrome. Thawing Adult Child Syndrome and other Codependent Patterns focuses in on the here and now symptoms of dysfunction in our adult life and relationships. This insight oriented program helps bring one's Inner Family of Self Life Script to the surface so that appropriate changes can be made. The program helps heal the relationship with self which is based upon the idea that One cannot have a healthy relationship with others until they first develop a healthy relationship with themselves. **Taming Your Outer Child** Susan Anderson, 2015-01-09. Take Control of Your Life. Chances are you've already had run ins with your Outer Child, the self sabotaging, bungling and impulsive part of your personality. This misguided hidden nemesis blows your diet, overspends and ruins your love life. Your Outer Child acts out and fulfills your legitimate childlike needs and wants in the wrong place at the wrong time and in counterproductive ways. It goes for immediate

gratification and the quick fix in spite of your best laid plans Now in a revolutionary rethinking of the link between emotion and behavior veteran psychotherapist Susan Anderson offers a three step program to tame your Outer Child s destructive behavior This dynamic transformational set of strategies action steps that act like physical therapy for the brain calms your Inner Child strengthens your Adult Self releases you from the self blame and shame at the root of Outer Child issues and paves new neural pathways that can lead to more productive behavior The result is happiness fulfillment self mastery and self love

**Darkness on a Sunny Day** Heidi Cox,2009-04 Who would have thought that each day you would be thankful for the pain you had suffered throughout your childhood Each day I do I think about how I wouldn't have as much insight and understanding to life as daily living I am thankful for what anguish and suffering have allowed me to learn about me who I am as a person and people around me This book has taught me things step by step while writing it and looking back at the past about my identity and what I want in life I hope that others may learn from my own experiences before they make a mistake Imagine a one year old already understanding the meaning of anger and hatred That was me After being juggled around for the first six months of my life and then landing in a foster home where I felt safe I already had abandonment issues Then by six imagine remembering being taken away from a family that you thought would be forever When my adoptive family came along I was already attached to another family Even though a dream had come true I never really came to terms with my new family because I thought I already had one Years later I figured it out Their intentions were only good loving and caring to a child who didn't have any love left to spare

**Survived Abandonment** Virginia (Ginny) Jackson McCoy,2017-09-28 p p1  
margin 0 0px 0 0px 0 0px 0 0px text align justify font 11 0px Minion Pro This book is about the author Ginny McCoy who was abandoned by her parents as an eight year old child It is a heart rendering story of her experiences in an orphanage and her foster care experiences The first foster home she was placed in was with a sexual predator which during those two years brought her to the point of suicide The second foster home was with a pastor and his wife This home was a safe place and helped her with a new perspective and hope for a reason to live

*Abandonment to Forgiveness* Michelle Borquez,Michelle Moore,Paige Henderson,2013-06-12 At some point in every woman s life a feeling of abandonment causes deep rooted pain and insecurity Maybe you ve experienced a father leaving your family or a husband who walked out on you No matter the extremity God cares for you and wants you to feel completely satisfied as his precious child It s okay to have heartache over the people in this world who have misused your trust this fallen world has its fair share of bruises to the heart But God has a comfort like nothing else on earth and this booklet will guide you through the steps to feel complete peace once again Michelle Moore tells her story of having been abandoned by her mother when she was young Her mother changed her identity and disappeared for nearly 18 years To make things worse her parents had divorced and her father had remarried and didn't want her to live with him Just how awful am I she asked That not even my own parents want me Michelle s life was marked by sadness fear and pain But God had a bigger plan for her and for all those who suffer rejection and hurt



Abandonment to Forgiveness includes a Bible study by Paige Henderson that highlights God's loving promises to all who suffer from fear and insecurity. She reminds us of the story of Joseph who suffered abandonment and betrayal and went on to forgive and find strength. In the last section, licensed counselor Sharon Kay Ball walks you through the steps of grief and rebuilding your life through practical advice and biblical counsel. Abandonment to Forgiveness will bring you hope and wholeness. It will speak to your heart and will strengthen your faith. It includes questions and Scripture passages along with space to journal.

**Abandoned, But Not Forgotten** Liakita Darnell, 2020-06-23

**The Little Girl Within** Pamela Capone, 1992-02-01

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