

The Legacy Behaviour Experience

Module Goals

This module provides you with:

- The reasons why the Legacy Behaviour Experience was developed.
- A brief description of each element of the experience.
- Information on other Rainbow Mapping modules that the Legacy Behaviour Experience connects with.

Ultimately this module should provide you with enough information to determine if and how to use this tool or concepts and ideas embedded in it for yourself or others.



The Legacy Behaviour Experience

What are Legacy Behaviours?

Some of our behaviours are invisible to us as they have become enmeshed into what we would describe as our personality. Some were developed to keep the level of discomfort we were experiencing when very young and powerless to a minimum. They typically become increasingly entrenched and invisible aspects of what we start to describe as our personality.

While these Legacy Behaviours initially helped minimise our level of discomfort, they can fall out of alignment with our needs and those around us as we get older and the nature of our lives changes at home and work. When this happens they typically cause increasing levels of discomfort for us and perhaps those around us yet continue to hide in plain sight masquerading as fixed and enduring aspects of our personality rather than a trained-in-trait.

The Legacy Behaviour Experience enables us to rapidly identify our misaligned Legacy Behaviours and improve existing, or develop new resources that help us reduce the unwanted effects they are having on us and others.



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Example Legacy Behaviours?

Always being a friend to all : This can become exhausting and isolating as you get older always being focussed on pleasing others while your own issues go unrecognised.

Being seen to be clever: Originally it got you noticed, praised and liked but increasingly it's a gold chain around your neck dragging you down as the threat of being seen as average means you overwork every aspect of your life.

Always being very perceptive: Once a useful trait to predict how people were going to behave that might cause you discomfort. You could then activate resources that might prevent them changing or you being affected in a negative way. Increasingly this continual vigilance leaves you emotionally vulnerable to the moods of those around you to whom you are attached, perhaps partners increasingly unhappy at work or children struggling at school.



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More Examples of Legacy Behaviours?

Always holding things and others together: The go to person to solve others problems, reliable and hard working, never says no, always delivers. Generating an increasing sense of having no value to others besides what you can do or be for them. In effect, you become increasingly sad and resentful over the years as you notice your sense of individuality seeping away submerged by your compulsion to put the needs of others above your own, all the time.

Quick to anger and conflict. A person not to say no to or do the wrong things around. Gets you your own way most of the time without needing to compromise but increasingly experience the discomfort of isolation as those close to you distance themselves emotionally.

The best sense of humour in the room always centre of attention. On your terms and no one else's increasingly makes it hard to just be comfortable with people who don't need you to make them laugh to be their friend or who want something else from you.



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More Examples of Legacy Behaviours?

Always seeing why things won't work rather than also seeing how they could be made to work. Helps you avoid making errors, losing money, wasting time, being embarrassed but increasingly causing you to feel isolated and side-lined by friends, family and work colleagues.

Always arranging the curtains, cleaning, washing, checking the house, your own appearance and that of children and partners, rechecking your work and never satisfied, feeling misunderstood, always on edge worried that things are not good enough or are just about to go wrong making you increasingly unhappy and difficult to be around.

Always fair, honest, ready to help out, loyal and dependable yet increasingly frustrated that others don't behave that way towards and around you. You have been steadily pulling back from old friendships or making new ones, leaving you feeling increasingly lonely and others you were once closer to feeling confused and rejected.



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Who might benefit from the Legacy Behaviour Experience?

People who:

- Have experienced the Rainbow Map or another psychoeducational tool that has heightened their awareness of their interacting Reflective Mind and Reactive Brain/Body system.
- People who want to identify how their survival system was shaped, which elements are harming them today and ways to avoid triggering them in a constructive way, or recondition them to generate less intense levels of discomfort.
- People who are experiencing unwanted levels of psychological discomfort that are proving resistant to change despite their best efforts to date.



The Legacy Behaviour Experience LBE

Can the LBE be harmful?

- All psychotherapy, counselling and self help has the potential to be harmful.
- Revisiting past experiences can trigger powerful emotions for some people for many years after the actual event and perhaps their whole lives.
- Some forms of psychotherapy and counselling encourage us to focus in detail on traumatic experiences and events from our past. Safety is maintained through the professionalism and ethical stance of the Psychotherapist or counsellor with whom this work is being done.
- The LBE asks us to list events or experiences that may have been significant but not necessarily traumatic. It does not ask us to delve into them in detail or for long periods. However, for some even thinking about these things can be destabilising. If these people are going to engage in the LBE that should only be with an experienced psychotherapist or counsellor.



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1. Survival System Training Environment: Significant events that impacted you or those close to you?

As an adult? Clear memories.	As an adolescent & child? Early memories.	As a toddler, baby & prior to birth? Earliest memories and family memories passed on to you.
Death, Illness, Accident/Injury, Finance, Relocation, Relationships/Separation/Divorce, Family/Siblings, Children, Bullying, Education, Abuse, Other?		

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2. Survival System Training Environment: Parent/carer behaviour towards each other?			
Who to who?	Adult? Your most prominent experience/memories. Delete/add to the list below.	Adolescent & Child? What you think would be reasonable to xfer over from your adult experience. What was different?	Toddler & Baby? What do you think would be reasonable to xfer over from the previous two columns? What might have been different?
	Friendly &/or unfriendly, carefree &/or anxious, devoted &/or indifferent, loving &/or unloving, predictable &/or unpredictable, happy &/or glum, flexible &/or inflexible, loyal &/or disloyal, mature &/or immature, passive &/or aggressive, passive &/or passive aggressive, reliable &/or unreliable, sincere &/or insincere, tolerant &/or intolerant, trustworthy &/or untrustworthy, selfless &/or selfish, warm &/or cold, polite &/or rude, patient &/or impatient, supportive &/or unsupportive, forgiving &/or unforgiving, kind &/or cruel, close &/or distant, calm &/or volcanic, non-violent &/or violent, organised &/or chaotic, dominant &/or submissive, optimistic &/or pessimistic. Please also add your own words.		
? to ?			
? to ?			

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3. Survival System Training Environment: Parent/carer behaviour towards you?			
Who to who?	Adult? Your most prominent experience/memories. Delete/add to the list below.	Adolescent & Child? What you think would be reasonable to xfer over from your adult experience. What was different?	Toddler & Baby? What do you think would be reasonable to xfer over from the previous two columns? What might have been different?
	Friendly &/or unfriendly, carefree &/or anxious, devoted &/or indifferent, loving &/or unloving, predictable &/or unpredictable, happy &/or glum, flexible &/or inflexible, loyal &/or disloyal, mature &/or immature, passive &/or aggressive, passive &/or passive aggressive, reliable &/or unreliable, sincere &/or insincere, tolerant &/or intolerant, trustworthy &/or untrustworthy, selfless &/or selfish, warm &/or cold, polite &/or rude, patient &/or impatient, supportive &/or unsupportive, forgiving &/or unforgiving, kind &/or cruel, close &/or distant, calm &/or volcanic, non-violent &/or violent, organised &/or chaotic, dominant &/or submissive, optimistic &/or pessimistic. Please also add your own words.		
? to You			
? to You			

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4. Discomforts experienced connected with behaviour around and towards you?			
	As an adult? Draw from your Rainbow Map if you have done one?	As an adolescent and child? Early memories. Also, what you think would be reasonable to xfer over from your adult experience. Additions/differences?	As a Toddler & Baby? What discomfort do you think a baby/baby in the same environment as you might have experienced? Are there things that would be reasonable to xfer in?
Uncomfortable Emotions?	<p>Rage, fury, hatred, loathing, horror, dread, disgust, anguish, misery, disgrace, insecurity,...?</p> <p>Anger, frustration, uncertainty, resentment, defensive, fear, anxiety, rejection, disappointment, confusion, embarrassed, humiliation, exposed....?</p> <p>Rejection, fear, vulnerable, defensive, overwhelmed, lost, lonely, isolated, dejected, shame, insignificant, guilt, forgotten, deflated...?</p> <p>Apathy, desperation, paralysis, isolation, self-hatred, contempt, revulsion, bereavement, heartbreak, humiliation, disgrace...?</p>		
Uncomfortable Sensations?	<p>Head, Jaw, Mouth, Throat, Shoulders, Chest, Breathing? Heart, Stomach, Muscles, Skin & Temp, Energy?</p>		
Uncomfortable Styles of Thinking? Typical Thoughts?	<p>Catastrophising, paranoia, volatile, condemning self/others, fixation? "This will never end." "Why me." "I hate you." Pessimism, critical, suspicious, untrusting, judgemental, inflexible, narrow, repetitive, resigned...? "Why me." "Why bother."</p> <p>Pessimistic, despondent, negative, critical of self/others, defeatist, narrow minded, untrusting, repetitive, inflexible...? paranoia, catastrophising, hopelessness, confusion, disorientation, condemnation, looping, reiection?</p>		

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5. What behaviours kept/keep the balance of discomforts being experienced by you to a minimum?		
Baby & Toddler Behaviours?	Child & Adolescent Legacy Behaviours?	Adult Legacy Behaviours?
Steps 1 - 4 have generated a best guess of the attachment environment your survival system was interacting with and being trained by. How might a baby/toddler behave to keep their discomfort to a minimum in the training environment you experienced?	What do you think would be reasonable to xfer over from your Baby Toddler Training years? Additions/differences?	What do you think would be reasonable to xfer over from your Child & Adolescent Training years? Additions/differences?
Example Behaviours: Pleasing, vigilant, capable, isolating, busy, desensitising, adorable, compromising, avoidant, belligerent, needy (physical, emotional), empathetic, caring, compromising, sensing, dependent, independent, shy, indirect (manipulative), direct, assertive, indifferent, invisible, dominant, submissive, lazy, perfectionist, planner.....?		

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6. Which of your Legacy Behaviours contribute to unwanted levels of discomfort today?

Legacy Behaviour?	Harms how? Harms who?

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7. Which unwanted legacy behaviours do you want to focus on and how?

Legacy Behaviour?	Resources and Reconditioning?	What would you/others notice?
	Different styles of thinking, pre prepared thoughts & imagery, physical interventions, sensation generation, bilateral stimulation, new behaviours...? See Resources and Reconditioning Module www.triggerorientatedtherapy.org	

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Learning to Practice 1

It takes courage and hard work for us to :

- Develop our capacity to notice our Reflective Mind and Reactive Brain/Body as distinct elements of our system being influenced by and influencing each other.
- Discover if we have Legacy Behaviours that are no longer aligned with our life and contribute to our discomfort and perhaps that of others around us.



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Learning to Practice 2

Turning that courage and hard work into lasting and increasingly positive outcomes in our lives depends on:

- Forgiving ourselves when we lapse back into our old ways.
- Collecting ourselves when that happens, reflecting, revising and experimenting again.
- Noticing the progress we make.
- Being realistic about rate of improvement in ourselves and those around us.



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Connected Trigger Orientated Resources

Rainbow Map Modules: These include guidance on how to use the Rainbow Map and Reflection sessions where psychotherapists and counselling talk about their and their clients' experience of working with that tool.

Therapeutic Resources and Reconditioning Module. What are resources in the context of the Rainbow Mapping website. Ways to develop and focus them, using the Rainbow Map, to recondition our survival system and Legacy Behaviours.

Avoidance Theory Module: This introduces a new way to understand the fundamental driver for the creation of your Legacy Behaviours and their role in keeping the level of discomfort you were experiencing to a minimum.



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Summary

The Legacy Behaviour Experience offers:

- An additional tool for your toolbox for those times when perhaps you and/or your client feel stuck, struggling to see if and how progress can be made on reducing discomfort.
- A structured yet empty process. It consists of a sequence of carefully developed open questions/reflections that ask us or our clients to think about our lives perhaps from a new perspective.
- A way to use perhaps challenging and triggering information by stepping outside* of it and looking back through the Legacy Behaviour lens, turning our past training environment into something constructive that we can learn from in a focussed and useful way today.

*Google "Narrative & Externalisation Therapy" for more info on externalisation if required).

