

MOUSE OR MONSTER? WHICH?

Part Two

In part one of Mouse or Monster; we briefly discussed the child within and the adult. The purpose was to give the reader an understanding of how they act individually or together; to give you an insight into the child's truth and the adult's truth. God has the answers. Invite Him to be a part of the healing process and your life will change. He reveals those patterns in your life and brings truth and knowledge that can help you take the proper steps to remove the destructive patterns. God will help you to see, understand, and walk daily in your true identify which is in Him and not of the world.

Sadly, with childhood traumas, the truth seemed to evade us and we were bombarded with lies that continued to compound in our lives until lies become our truth; our reality. We are on the downward side of the slopes of destruction and do not know how to stop our descent! But take heart! For God knows! He will provide the braking power and the strength to apply it until the descent is stopped. Then we learn how to start climbing upward into the “*Sonshine*” of God's truth.

Bottom line: Recognize and break the lies of Satan in your life and
REPLACE them with the truth of God.

GOOD NEWS: 2 Samuel 22:33 says, “God is my *strength* and *power*, and He makes my way perfect” and in Psalm 18:30-32 the Word says, “As for God, His way is perfect; The word of the Lord is proven; He is a shield to all who trust in Him. For who is God, except the Lord? And who is a rock, except our God? It is God who arms me *with strength*, and makes my way perfect.”

You have strengths and power that you may not even know about, let alone, have tapped into. God created each person with unique strengths, talents, abilities, gifts, and special qualities. These start appearing at an early age, continue throughout childhood and into our adult lives. When abuse enters into the child's life, healthy responses stop and the lies take over; thus the tearing down of self-esteem. Hope, health and happiness quickly fly out the door and often the heart is hardened with a protective wall surrounding it from more pain and betrayal—the child goes into survivor mode.

Abuse comes in various forms: sexual abuse, violent behavior, words or actions to tear down a child's self-worth, physical, emotional, mental abuse, neglect, abandonment, and even spiritual abuse all take a devastating toll on a child's life which may take years of counseling to work the child through. Proverbs 13:12 says, “Hope deferred (Hold back, put off) makes the heart sick...” Therefore, hope is smothered; silently and cunningly over the time period of abuse. But God is Hope! Romans 15:13 says, “Now may the God of hope fill you with all joy and peace in believing that you may abound in hope by the power of the Holy Spirit.”

Everyone has an inner strength, too, which I will call “power!” The mouse gives away his power by letting others take charge and control his life. The monster confuses his power with acting tough, overriding other’s opinions and “rules the roost.” No “If”, “Ands” or “Buts” about it. Strength and power grow when you use them the proper way. Making good decisions and wise choices for you is the start.

You, the adult, have choices in the way you act and often you may have to override the child’s choices which come from lack of trust and works as a protective shield over him/her. That will lessen in time as healing continues, for the child will start recognizing he/she can trust the adult, and that you do have his/her best interest at heart. Trust and love are gigantic factors (issues) that you have to overcome in the wounded child. Betrayed—trust and love was stolen away by the lies and abuse, but it can be earned back through God’s guidance, love and yes, through your hard work, willingness, and patience. The end result is well worth the time and effort you put into it. God is faithful. Your healing will come.

You may choose to do what you want to do OR you may choose to do what others want you to do OR sometimes you simply can’t make up your mind. A good rule to remember is to stop, take three deep breaths, and calm down. Tell yourself to “Relax.” When you are relaxed, making wise choices is easier; you are in control, not your emotions.

Being assertive in a positive way means you are letting others know what you want. I like to use the term “Healthy Boundaries” (first with yourself and then with others). You are not being the monster or the bully or pushy to get your way, nor are you being the mouse who yields to others wishes to avoid a scene. You are just being you in an honest way.

Remember the Golden Rule—“*Treat others the way you want them to treat you.*” We know that all persons have the right to be treated with respect. Every person is valuable regardless of size, age, sex, race, color, language, or religion. Making wise choices, positive versus negative, helps you become responsible adults. Our child within must also be taught these truths. Together you will learn that all persons have the right to be treated fairly. If you ask for fair treatment remember, that you too, must also be willing to treat others fairly. We truly will reap back into our lives what we sow out to others.

1 John 4:11-12 says, “Beloved, if God so loved us, we also ought to love one another.” We must first acknowledge the child within, and then learn to love him/she. Vs. 12b, “If we love one another, God abides in us, and His love has been perfected in us. By this we know that we abide in Him, and He in us, because He has given us of His Spirit.” God is love; therefore, learn to walk in His footsteps of love!

Part Three: The basics of healthy boundaries and how to use them in positive ways.