

## A Body Memory Process Case Study

This case study of a real client renamed “Frank” illustrates how pre-logical decisions (vows) can impact our adult lives and how the Body Memory Process facilitates powerful healing. For more information, courses, and coaching, please visit us at [bodymemoryprocess.com](http://bodymemoryprocess.com).



### The Origins of Frank’s Vows

Frank was born the 3<sup>rd</sup> of four siblings. He found out very young it was safer to say “I don’t know” than to have the wrong answer for his father. His parents were very busy all the time and his older brothers took up most of their limited available time. His parents also said throughout the pregnancy with him that they wanted a girl after already having two boys.



### Frank’s Vows

Frank’s vows included *I don’t know*, *They don’t care about me*, *I am lazy* (he was often told he was lazy because he was a bookworm and not athletic), *If they see me they won’t like me* (because he was a boy, not a girl), *I’ll be your sweet baby* (mom called him her “sweet baby” until he was nine, when they had his sister), *Life is a struggle*, *I’d better keep my mouth shut*, and *I am not the one you want*.



### How Frank’s Vows Manifested in His Life

The vow *If they see me, they won’t like me* caused him to have problems meeting new people because he had to “look right.” He never liked to be seen without being prepared and hated someone just dropping in. This impacted his ability to develop a serious relationship.

With *I’ll be your sweet baby* Frank developed childhood onset diabetes.

At work he would keep his mouth shut around dominant males (*I’d better keep my mouth shut*) with a detriment to his career.

With *I’m not the one you want* Frank would often convince his father he was not the guilty party to avoid trouble – often implicating his older brothers. In all situations he never took the blame and always tried to pass the buck.



### The Impact of the Body Memory Process on Frank’s Life

Frank stopped taking insulin for his diabetes about a year after starting to work on himself to release his vows. He began controlling his blood sugar with diet, activity, and his thoughts.

He moved to the mountains and took up hiking, changing his job to one where he could be outdoors – something he never knew he like so much.

Frank also was finally in a serious relationship for the first time in his life.