

A Body Memory Process Case Study

This case study of a real client renamed “Gloria” 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.



The Origins of Gloria’s Vows

Gloria was born the 5th of six children. Her mother, while in her third trimester with Gloria fell down the steps and broke her tail bone, causing her a lot of pain. Between the pain and the pregnancy, mother’s thought was “this one is a lot of trouble.”



Gloria’s Vows

Gloria’s vows were *Whatever you do I’ll be OK, I will never cause any trouble, You can’t yell at me* (mother was a yeller when upset), *I will be funny* (learned from dad who would make a joke to calm mom when upset), *I hurt her, I will be strong, If I don’t get out of here I’m going to die, I’ll be what you want me to be, I will be a boy, I will always be happy and I am a cripple.*



How Gloria’s Vows Manifested in Her Life

With the vow *Whatever you do I’ll be OK*, Gloria expected very little attention and support from her spouse and friends.

She went to extremes to avoid confrontation (*I will never cause any trouble*) and as a child would do everything she could to please her mother to avoid being yelled at. When she was yelled at it caused extreme pain in her shoulders (*You can’t yell at me*).

Gloria described herself as a “situational chameleon” and was different around different groups. The combination of *I will be funny, I will never cause any trouble* and *I will be what you want* caused Gloria a powerful need to make people happy and be a “pleaser.”



The Impact of the Body Memory Process on Gloria’s Life

About a month after her session, Gloria reported she had just finished forgiving her body and recalled a recent dream. By interpreting the dream, she realized for the first time in her life she did not think her body was going to fail her. After completing the homework, she stopped having panic attacks when she felt pressure, mended her relationship with her mother, moved to a city she always want to live in, and became a strong advocate for the Body Memory Process.