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Anneshia Freeman MBA, MSW, CADAC, CPRM, CCS-DP  
Chief Executive Officer and Chief Consultant  
AKA - The Locksmith  
"I make keys for locks"

**The Lies That Bind  
The Legacy of the Locks®**

**A Cognitive Restructuring and  
Resocialization Program**

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**The Lies That Bind®**

**When I Was a Child....  
The Adult Reenactment of the Childhood  
Script – Spiritual Perspective**

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**If knowing the truth will set you  
free, it must be a lie that has you  
bound!**

~ Anneshia Freeman

**Proverbs 22:6 - Amplified Bible (AMP)**

**Train up a child** in the way he should go [and in keeping  
with his individual gift or bent], and **when he is old he**  
**will not depart from it.**

**1 Corinthians 13:11 (Amplified Bible)**

When I was a child, I **talked** like a child, I **thought** like a  
child, I **reasoned** like a child; now that I have become a  
man, I am done with childish ways and have put them  
aside.

## How does a child think?

## Dr. R. Joseph The Unconscious Self-Concept

The manner in which we were treated as children and how our parents treated each other, good or bad, was **observed, responded to emotionally, and stored away in memory**. If we were neglected, abused, ignored, teased, or ridiculed and made to feel bad, insignificant, or incompetent by our parents or other children, these feelings, hurts, and fears not only define us, they are stored away and become part of us. These experiences become familiar, and to a child who has little with which to compare them, they seem "normal." (Joseph, 1992, p. 6)

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## Dr. R. Joseph The Unconscious Self-Concept II

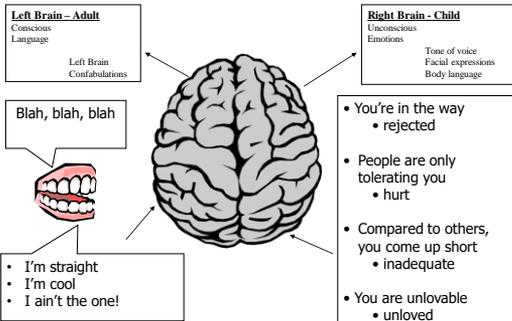
Children do not analyze or process their experiences in the manner that an adult would process similar information. Children do not have well-developed language skills and are more greatly ruled by the immediacy of emotion. Hence, a great deal of this early experience, including children's initial self-concept and all attendant joys, triumphs, traumas, and bad feelings, is internalized and stored away in that portion of the psyche that is not controlled by the language-dependent conscious mind, that is, the unconscious. (Joseph, 1992 p. 6-7)

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## I Feel You, More Than I Hear You, and My Unconscious Mind Stores You!



## The Unconscious Self-Concept - Victim



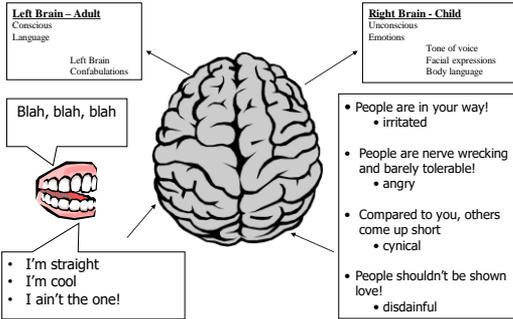
## Dr. R. Joseph The Critical Parent Within

Children learn who they are by how they are treated. They learn what they can be from the examples set by their parents. Parents are not only the child's world and universe, but for tiny children they are models of what they may become. Little girls want to be like their mommies, trying on their shoes, putting on their makeup, and little boys look to their fathers as models of what it means to be a man. Children often model these examples, incorporating what they see and hear, and engaging in similar behavior when they play. If their parents yell, fight, argue, and hit one another, children will yell, fight, argue, and turn the playground into a battlefield, where the wars observed at home are acted out again and again. If parents swear and curse, the same curses and oaths of anger will be repeated by their children, sometimes in the most innocent of circumstances.

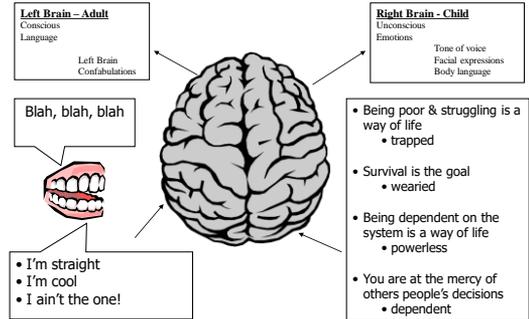
By example, our parents show us how to behave toward others, how loved ones should be treated, and how we should expect to be treated by those who supposedly love us and care for us. These early parental examples – of attitudes, emotions, speech patterns, tones of voice, facial gestures, nonverbal activities, and other behaviors – are etched into the fabric of the right half of the brain (the unconscious). (Joseph 1992, 173-175).

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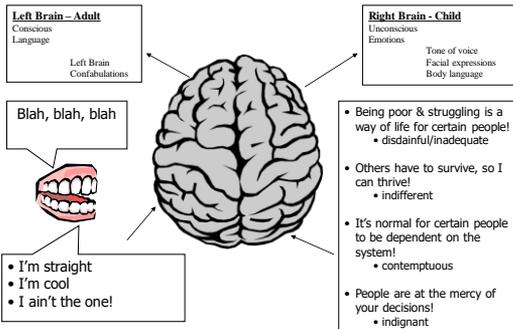
## The Unconscious Self-Concept - Villain



## The Unconscious Self-Concept - Victim



## The Unconscious Self-Concept - Villain



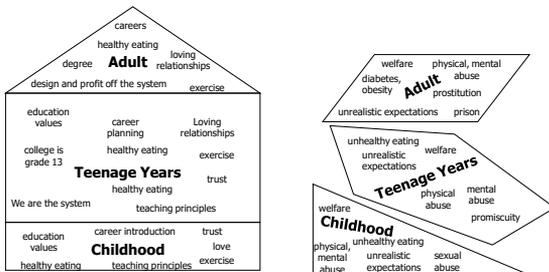
## Dr. R. Joseph The Unconscious Self-Concept IV

Children, like adults, define themselves according to how they are treated, and then they attempt to live up, or down, to the labels and expectations others apply. It is on these emotional building blocks that our entire self-concept is erected.

We never outgrow our foundations; rather, we build on them. And foundations do not disappear or go away; they just tend to get buried. Nevertheless, our entire future rests on these foundations. (Joseph, 1992, p. 6)

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## Our Foundations



## When I Was a Child...

- Children defined themselves according to how they are treated.
- Children try to live up or down to the labels and expectations others applied to them.
- Children are ruled by the immediacy of emotions.
- Children do not analyze or process their experiences in the manner that an adult would process similar information.
- Children do not have well-developed language skills.

## Strategy

The art and science of military command, aimed at meeting the enemy under conditions advantageous to one's own force.

## UNCONSCIOUS LIES



### Definition of Unconscious

Lacking awareness and the capacity for sensory perception; not conscious.

### **2 Corinthians 4:4 (Amplified Bible)**

For the god of this world has blinded the unbelievers' minds [that they should not discern the truth], preventing them from seeing the illuminating light of the Gospel of the glory of Christ (the Messiah), Who is the Image and Likeness of God.

### Dr. Ed Smith Beyond Tolerable Recovery

Where do the lies come from? How do they originate? How did they find their way into the early childhood events of a person's life? It often comes from the child's own thinking and personal interpretation of what happened.

Children will almost always misinterpret life. This misinterpretation is not the fault of the child since he/she is incapable of making true interpretations about life. As a parent, I am responsible to see that my children interpret life correctly.

I must pass on to my child daily the truth that he/she is loved, valued, capable, and significant. If I do this, he/she will reach adulthood with a true concept of who they are. If I shirk this responsibility, I am leaving it up to my child to figure it out for him/her self. The likelihood is he/she will not.

**WHATEVER I tell them through my actions and words will be the truth for them, even if it is a lie** (Smith, 2000).

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### Dr. R. Joseph Music, Melody, & Visual Space

The right cerebral hemisphere is associated with nonverbal environmental awareness and the capacity to recognize emotional and environmental sounds, such as a chirping bird, a buzzing bee, and babbling brook, or a thunderstorm. Related is the ability to sing and to recognize musical melodies. (Joseph, 1992, p. 34)

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### When I Was a Child.....

- Thought as a child...
  - People were only tolerating me
  - I had to compensate for my presence with goods and services
- Talked as a child...
  - I have some candy
- Reasoned as a child...
  - If I give people what they want...maybe they will love me, accept me, not leave me...

## An Adult Thinking Like A Child.....

- Adult thinking as a child...
  - People are only tolerating me
  - I have to compensate for my presence with goods and services
- Talked as a child...
  - How you doing big pappa...
    - I have some candy!
      - New candy...same mindset!
- Reasoned as a child...
  - If I give people what they want...maybe they will love me, accept me, not leave me...

## When I Was a Child.....

- Thought as a child...
  - Everything is my fault!
- Talked as a child...
  - I'm sorry...
- Reasoned as a child...
  - If I accept the blame for everything...if I apologize and promise to try harder...maybe they will love me, accept me, not leave me...

## An Adult Thinking Like A Child.....

- Adult thinking as a child...
  - Everything is my fault!
- Talked as a child...
  - I'm sorry...
- Reasoned as a child...
  - If I accept the blame for everything...if I apologize and promise to try harder...maybe they will love me, accept me, not leave me...

### **John 8:44 (Amplified Bible)**

You are of your father, the devil, and it is your will to practice the lusts and gratify the desires [which are characteristic] of your father. He was a murderer from the beginning and does not stand in the truth, because there is no truth in him. When he speaks a falsehood, he speaks what is natural to him, for he is a liar [himself] and the father of lies and of all that is false.

## Dr. Ed Smith Beyond Tolerable Recovery

### **IF I WERE SATAN**

If I were Satan and wanted to destroy a person's life, I would not plan on spending day after day, year after year tempting, harassing, and criticizing him. No, it would be much easier to influence an adult to act out evil on a little child and then in the midst of the traumatic event drop a seed of untruth into the child's heart such as, "You are shameful for letting this happen" or "You are weak or powerless." It would not be necessary to spend much time harassing, tempting, or condemning this child after the lie was planted. The child will self-destruct by repeating the lie over and over to himself through out his entire life. Often more damage is done, long after the event, by the victim's shaming and condemning himself. It is a terrible thing that the abuse every occurred but this is not the problem. The trouble is the lie or interpretation given to the event (Smith, 2000).

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## Dr. Ed Smith How The Lies Affect Our Adult Lives

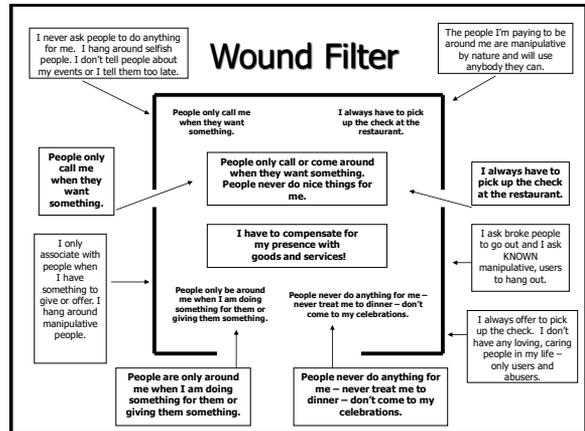
- It affects the way we interpret life around us
- Lies affect the way we choose relationships
- Lies create perpetual life themes that replay over and over every time the memory is accessed whether consciously or unconsciously
- The lie will cause the pain, shame, guilt, fear, etc. to be transferred into present relationships, hindering intimacy
- The lie will create an insatiable void which the person will seek to fill with others things such as people, money, careers, sex, food, pleasure, etc.

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## Dr. Ed Smith How The Lies Affect Our Adult Lives

**It affects the way we interpret life around us**  
Deep childhood wounds affect the way we perceive and interpret life. The lie embedded in the wound creates a barrier or filter which only allows certain information to be accepted by the person with the wound.

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## Anneshia's Childhood Programming - Victim

### Right Brain Unconscious Belief System – Operating System

I have to tolerate abuse without question!  
There is something wrong with me!  
I have to do everything perfectly!  
I have to get it right the first time!  
Hurry up! Move it! I have to do everything right now and do it fast!  
People are only tolerating me!  
My value as a person is based on my latest and greatest performance!  
I have to compensate for my presence with goods and services!  
There is something wrong with everything I do!  
I am at the mercy of other people's decisions!  
I am expected to possess information, automatically, that I was never taught!  
Compare to others, I come up short!  
The only interest a mate will ever have in me is sexual!  
Personal safety requires isolation!  
What other people think is more important than what I think or know!  
What other people say carries more weight than what I say!  
Everybody is more important than me!  
Others know I am in pain, but I am so inconsequential that no one will help me!

## Anneshia's Childhood Programming – Villain

### Right Brain Unconscious Belief System – Operating System

People have to accept abuse from me without question!  
There is something wrong with everybody but me!  
People have to do everything perfectly!  
People have to get it right the first time!  
People have to - Hurry up! Move it! They have to do everything NOW and fast!  
I'm only tolerating people - people are nerve wrecking!  
People's value is based on their latest and greatest performance!  
People have to compensate me for my presence with goods and services!  
There is something wrong with everything everybody does!  
People are at the mercy of my decisions!  
People are expected to possess information, automatically, because I have that info!  
Compare to me, others come up short!  
The only interest I have in some men is sexual!  
People should isolate for safety - don't mess with me then!!  
What I think is more important than what other people think or know!  
What I say carries more weight than what other people say!  
I am more important than everybody in the world!  
I know people are in pain, but they are so inconsequential that I will do nothing to help!

## Thought Process: Victim and/or Villain

Victim Lie	Victim Lie Processing	Villain Lie	Villain Lie Processing
There is something wrong with you!	There is something wrong with me, I am inadequate or defective compared to others.	There is something wrong with everybody but me!	There is something wrong with everybody but me. I shall make it my business to share with others my assessment of their flaws.
You are in the way	I am in the way. I get on people's nerves. I don't have the same right as others to occupy space and time.	Everybody is in my way.	Everybody is in my way. People get on my nerves. People do not have the same right to occupy space and time as I do. They need to get out of my way!
You are expected to know things automatically that you were never taught.	I am supposed to know things I was not taught. If I don't have this information, and others do, that means I'm stupid - inferior.	People are expected to know things automatically they were never taught.	People are expected to know things they were never taught. If they don't possess certain information I possess, then that means they are stupid, and I'm smart!

## Villain Lies Impact on Society

- Domestic violence
- Assault cases
- Anger management issues
- Divorce
- Employee turnover (expensive)
- Generational cycles
- College expulsion
- Mass shootings
- Child abuse
- Drug addiction

## The Healthy Middle Ground

Victim Lie	Truth	Villain Lie
You are not important.	You are important and so are other people.	You are more important than everyone else in the world.
You have to accept abuse without question.	You have a right to be treated with dignity and respect and so do others.	People have to accept abuse from you without question.
There is something wrong with you.	There are some things right with you and there are some things wrong with you, as is the case with every person on the planet.	There is something wrong with everybody but you.
What other people say carries more weight than what you say.	You have a right to voice your opinions and others have the right to voice their opinions.	What you say carries more weight than what anyone else has to say.
You are at the mercy of other people's decisions.	You are not at the mercy of other people's decisions. People are not at the mercy of your decisions. You can "pong" any "ping" sent your way and so can others.	People are at the mercy of your decisions.

## Relationship With Self Lies

- You are unlovable!
- There is something wrong with you!
- Compared to others, you come up short!
- You don't look right!
- You are not entitled to the same rights, opportunities, and privileges as others!
- There is something wrong with everything you do!

## Relationships With Others Lies

- You have to tolerate abuse without question!
- You have to assume the responsibilities of others!
- You have to compensate for your presence with goods and services!
  - Or subsidize your presence...
- People have the right to take their hurts, fears, and frustrations out on you!
- People close to you hurt and abuse you!

## Relationship With God Lies

- God is associated with rules, regulations, restrictions, hell fire and brimstone!
- God takes the fun out of life – He forbids any type of fun or pleasure!
- Salvation is earned – it's based on works!
- God is broke and wants you to be broke!
- God is a perfectionist and expect you to be perfect or ELSE!!!

## Health Lies

- What you eat is not important as long as it tastes good!
- Soul food is what we (African-Americans) eat!
- Exercise is not important – it's too much work!
- Ignore warnings signs until emergency room time!
- Your health is not important!

## Finance Lies

- Being poor and struggling is a way of life!
- Survival is the goal!
- A person's value is measured by their material possessions!
- What other people think is more important than what I know to be the truth!
- Higher education is not important, accessible or attainable – it is only part of a lofty dream speech!
- Time is not important!

## Object Relations Theory

Based on the belief that all people have within them an internal, often unconscious world of relationships that is different and in many ways more powerful and compelling than what is going on in their external world of interactions with "real" and present people. Object relations theories focus on the interactions that individuals have with other people, on the processes through which individuals internalize those interactions, and on the enormous role these internalized object relations play in psychological life. (Flanagan, 2008, pp. 121-122)

## Attachment Theory

Point out that early relationships with others that are insecure or unstable can lead to the development of internal working models of the self as unlovable and unworthy, where the experiences of others is as attacking or rejecting. Such individuals tend to be vulnerable to depression and experience everyday disappointments as evidence of lack of self-worth, or of a lack of care and support from others

(Berzoff & Hayes, 2008, p. 367)

## Dr. R. Joseph Unconscious Influences

Because of these unconscious influences, some people seek out experiences or people who will create the same familiar "not OK" emotional atmosphere that was an earlier part of their existence. Even if unpleasant, the familiar is easier to accept than what is unfamiliar. By re-creating the past, they also get one more chance to "fix" that problem or to obtain the love they were denied. Unfortunately, if these early experiences are maintained predominantly in the right brain, the left half of the adult cerebrum may have little or no knowledge of their presence and influence. (Joseph, 1992, p. 173)

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## Conscious Versus Unconscious



### Conscious Agenda

- Feel accepted – good friends
- Feel loved – caring mate
- Feel secure – financially sound
- Feel safe – well protected
- Feel proud – self-efficacy
- Feel admired – recognition

### Unconscious Agenda

- Feel betrayed – disloyal friends
- Feel unloved – abusive mate
- Feel anxious – debts, no resources
- Feel panicky – dangerous situations
- Feel ashamed – humiliating situations
- Feel inadequate - harshly critiqued

## Conscious Versus Unconscious



### Conscious Agenda - Mate

- Faithful
- Strong
- Responsible
- Loving/caring
- Good sense of humor
- Sensitive
- Determined

### Unconscious Agenda - Mate

- Unfaithful
- Weak
- Irresponsible
- Cold/callous
- Humorless
- Insensitive
- Quitter/No drive

## Conscious Versus Unconscious



### Conscious Agenda - Friend

- Loyal
- Dependable
- Loving/caring
- Trustworthy
- Considerate
- Sensitive
- Generous

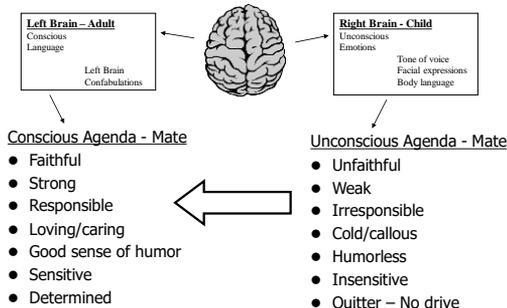
### Unconscious Agenda - Friend

- Disloyal
- Unreliable
- Mean/cold
- Untrustworthy
- Inconsiderate
- Insensitive
- Stingy/user/self-centered

## Unconscious Agenda – Mate Emotional Atmosphere

Characteristic	Resulting Emotion
Unfaithful	Humiliated, suspicious
Weak	Frustrated, cynical
Irresponsible	Nervous, unsure
Cold/callous	Rejected, miserable
Humorless	Depressed, sad
Insensitive	Hurt, indignant
Quitter/no drive	Manipulated, exhausted

## Unconscious Unfinished Business!



## The Truth!

## Dr. R. Joseph – A Way Out

Often, the only way out for individuals raised in these circumstances is to become educated about the alternatives available. However, they must also be able to scrutinize their own lives so as to recognize the maladaptive, self-destructive patterns they have been engaging in. It will be very difficult for them to change their behavior if they cannot recognize it so as to avoid it. (Joseph, 1992, p. 368)

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## A Way Out

- Education on unconscious vs. conscious
  - For the client and the provider!
- Strength identification
  - For the client and the provider!
- Fear identification and cancellation
  - For the client and the provider
- Resocialization programs
- Role models
- Assessment of service providers' issues
- New program structures
  - No more acute care models for chronic problems
  - Chronic models for chronic problems
- Subculture competency

Man's mind, once stretched by a new idea, never regains its original dimensions.

~ Oliver Wendell Holmes Jr.

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## Questions

