

The Warring Child Selves of the Ego

Guilt, the foundation of the ego's thought system, has 2 core beliefs:

- 1) "I am unworthy of love" - Held by the ATHEIST - Pruckle & Huckle
- 2) "I am deserving of punishment" - Held by the MARTYR - Fuckle & Muckle.

MARTYR

Desperate to Prove Their Innocence

Angry ● Attacking ● Defensive
Condemning ● Problem always
about external ● Unjustly accused

Fuckle

3-6 y.o.



The way out:

We are invulnerable and
all powerful
Reasoning/Discernment
Cut through the fog of
the ego

1. Deserving of punishment
2. Fear God's retaliation
3. Fortress
4. Child in the past
5. People are evil but strong
6. Littleness/inferior
7. Wanderer
8. Past oriented
9. Self-defense
10. Waiting for other shoe to drop
11. Make myself safe
12. Dispirited- depressive
13. I am evil incarnate
14. I am the Anti-Christ
15. Unredeemable therefore will
endlessly be punished
16. Marauder/conquer the world
17. Right/Wrong
18. Blame others
19. Passive
20. Focus on unsolvable problem-sin
21. Attack
22. Ostrich
23. Opium Dreams

Way out: Provider

Depressed/ Sad ● Hiding ● Infante
Hostage ● Wants to be taken care of
Don't hurt me ● Save me ● Life rafting

Muckle

0-3 y.o.

Younger version of Fuckle



The way out:

We are the Sinless Son of God
in Heaven resting safely in the
loving arms of God

ATHEIST

Desperate to Prove Their Worth

Professorial lecturing ● Try to
keep it together by putting
things in order ● Fixer
Very interested in own ideas

Pruckle

3-6 y.o.



The way out:

God's certainty is ours
We see w/ our spiritual eyes
We hear w/ our spiritual ears
Teaching/Learning
Change

1. Unworthy of Love
2. Fear God's abandonment
3. Palace
4. Child in past
5. People are good but weak
6. Grandiosity/superior
7. Typist
8. Future oriented
9. Self-achievement
10. Know it all
11. Provide for myself
12. Unstable-manic
13. I'm broken. I need to
be fixed
14. Irreparably damaged
15. Nobody wants me because
I am broken
16. Crusader/fix the world
17. Win/Lose
18. Self-blame (shame)
19. Active
20. Focused on worldly solutions
21. Denial
22. Antennae
23. Bad Acid

Way out: Servant

Happy ● Engaging with others
Performer ● Playing in the sandbox
Dancing for his dinner

Huckle

0-3 y.o.

Younger version of Pruckle



The way out:

We are loving and love
We have everything because
we are everything
Joining/Unity

HMPF are programs that run. Until you become aware of them, they are seemingly automatic. Once you become aware of them and learn how unreal they are you can learn not to participate in them. All characters are children and engage in grievances; if only someone or something were different I would be saved.