

How to do Phase Four

In Phase Four the participants will be summarizing their survival responses and placing them in a matrix similar to Phase Two's matrix. The first step is to summarize or group the survival responses listed in Phase Three. One way of doing this is—using the Phase Three document—begin at the top, and assign a number to each new behavior on the list. Give similar behaviors the same number until all behaviors have been assigned a number.

- PHASE THREE:
1. I began to avoid my father.
 1. I began to avoid my friends.
 2. I began to think you were sick.
 3. I thought I was a slut.
 4. I became promiscuous with boys.
 5. I lied about the bruises you gave me.
 5. I lied to get out of the house.
 3. I thought it was my fault.
 6. I thought it was my mom's fault.
 7. I hid your alcohol.
 1. I stayed in my room unless mom was home.

Generally:

8. I began to binge eat.
9. I drank heavily in college.
1. I avoided having sex with my husband.
10. I criticized my children for asking any questions about sex.

After assigning numbers to all of the survival responses, group together those with the same number and write a summary statement for each group.

1. I withdrew and avoided contact with every one in my life.
2. I thought insulting thoughts about my father.
3. I thought insulting thoughts about myself.
4. I became sexually promiscuous.
5. I lied to everyone to cover up.
6. I blamed my mother.
7. I began to try to control my father.
8. I used food as a comfort.
9. I drank to avoid my feelings and memories of the abuse.
10. I blamed my children for making the memories return.

Next, list the summary statements in column one of the Phase Four matrix and complete columns 2 and 3. This is very similar to Phase Two, except that the focus is now on the victim/survivor. It

is important for the participants to list as many things as they can think of in columns 2 and 3 rather than just putting something in the column. The more thorough the participants are, the more effective the treatment will be.

SUMMARY OF SURVIVAL RESPONSES	VALUES, BELIEFS, IMAGE, AND/OR REALITY CONTRADICTED BY THE RESPONSE	LOSSES RESULTING FROM THE CONTRADICTIONS
I withdrew and avoided contact with every one in my life.	<p>I should interact with others in an open and honest way.</p> <p>I should have intimate relationships.</p> <p>I should not hide things from my friends.</p>	<p>Friends, intimacy, security, self-esteem, love, opportunities to have fun,</p> <p>Sense of belonging,</p>
I thought insulting thoughts about my father.	I should love my father, I should show respect for him, I should honor him in my mind.	Relationship with father, self-esteem, respect for father, blessings from God, relationship with God,