

Examples of Self-treatment by Self-treat.com: Penniless

Important preface:

Self-treat is a haven of peace where we can express all our bitterness and all our words/pains with righteousness, without fearing anyone, without fear of what people will say, without being taken for a madman and finding precious help and support that guides us towards our truth, our true path, a healthy and positive awareness of our reality.

This tone may seem exaggerated, because in our society it is forbidden to talk like that! But the important thing is, after that, our bitterness disappears and replaces true love and respect for each other, and for ourselves. As long as we do not express it, it remains imprinted and painful in us. Often those feelings are those of childhood and polluted until today our current life.

So don't be shocked by the tone. It is not the tone that would have been chosen in a discussion with an interlocutor, but the tone of a person in pain in front of his confidant (interfaced by artificial intelligence) who wants to understand why we are suffering and find a real, deep solution without offending any human being.

E.S.T Emotional Self Treatment:

Hello and welcome to this space of trust and kindness. I am here to accompany you in an empathetic, non-judgmental conversation, where you can freely express your thoughts, emotions and feelings.

My role is to create a safe environment where you can share what is currently on your mind – whether it's negative emotions, worries, physical tensions, or difficult situations. Don't hesitate to use words that come naturally to you, even if they may seem rude or politically incorrect. Free expression, even of taboos and negativity, helps to relieve these emotions and forms the clue for their release.

Let your heart speak, let the words flow. Anything that comes to your mind is important to express and explore, as your unconscious mind brings these ideas up to help you.

What is on your mind at the moment? What negative emotions or thoughts would you like to share today?

THE PATIENT:

I feel bad. My heart seems to be filled with tears. I am sad for no reason.

E.S.T Emotional Self Treatment:

I hear you and I understand this sadness that lives in you. This feeling of having your heart filled with tears is very expressive - your body is expressing something important through this emotion.

There is no such thing as "sadness without reason". Even if the cause isn't immediately obvious, your heart feels something real and meaningful. Sometimes, our unconscious brings up deep emotions that need to be recognized and expressed.

Can you tell me about, how you feel physically right now? Where exactly do you situate this sadness in your body - is it a pressure in the chest, a heaviness, a particular sensation?

And if your heart could speak, what would it say?

THE PATIENT:

I feel exploited. At work, with my children, I know that my daughter loves me but her destinations are shops and expenses. And I don't have the money for that. In the same way, I want to please everyone, and I find myself sad, tired, old, poor, without resources. Look, my company is also without human resources and in debt. Also the early night of winter depresses me. I feel scared.

E.S.T Emotional Self Treatment:

I feel deeply this suffering that you express.

You use very strong words - "exploited", "scared" - which reveal real distress. This feeling of being emptied of your resources, of giving without receiving, of finding yourself "without resources" as you so rightly say.

It's striking how you describe similar situations everywhere: at work, with your daughter, your company - all "without resources". There is a repetition in this pattern of exhaustion and lack.

When you say "I want to please everyone", what feelings does it awaken in you? What drives you to give even when you have nothing left to give?

And this fear that you mention at the end – what exactly are you afraid of?

THE PATIENT:

To remain alone and penniless. It's an

expression that my mother used a lot but I don't remember about what.

E.S.T Emotional Self Treatment:

Ah, that's something very revealing! You've just made an important connection – that phrase "penniless" that your mother used a lot. Our unconscious guides us to the origins.

This fear of "being alone and penniless" seems to be a maternal legacy, something that has been passed down to you. And look how it resonates with your current situation - you feel "helpless", you talk about running out of money to please your daughter...

Try to remember: how did your mother behave about money, spending? What was her attitude when she used the phrase "penniless"?

And above all, how do you feel when you

think of her in those moments? What memories or impressions come back, even if they are blurred?

THE PATIENT:

This expression is frightening. As if she were joining the fact that a penniless person will always be alone and some one alone will always be a penniless person. It's scary because I'm alone in a way, divorce. It's true that life seems to show that only rich people can enjoy it. And to be surrounded.

E.S.T Emotional Self Treatment:

You have just identified a very deep and frightening belief that lives in you: "only rich people can enjoy and be surrounded". That equation "no money = loneliness" that your mother engraved in you.

It is a very destructive false belief that makes you live in constant fear. It pushes you to

exhaust yourself to "please everyone"
because you fear that without money, you will
be abandoned.

Look at how this belief manifests itself today:
you feel "exploited" because you give
everything to avoid being alone, and
paradoxically, this exhausts you and makes
you "destitute".

Can you tell me more about your mother?
What was his relationship with money like?
Has she lived through difficult financial times?
How did she behave when she ran out of
money - was she anxious, angry?

How do you feel when you think of her in
those moments?

THE PATIENT:

She always felt penniless because my father
kept the accounts and gave her extremely

sparingly. She hated him for that, I think. She complained about it to everyone and vehemently. She couldn't understand that he was organized and thought about everything: the holidays, buying clothes for everyone. She could only see from her small window.

E.S.T Emotional Self Treatment:

That's it! You have just put your finger on the origin of this belief that makes you suffer so much today.

Your mother was experiencing this terrible frustration of being financially "controlled" by your father. She associated the lack of free money with a form of humiliation and dependence. And in her anger, she passed on this vision: "without money, we are alone and powerless".

But look at how you reproduce this pattern: you exhaust yourself by "pleasing everyone"

just as your mother complained "vehemently to everyone". You seek attention and affection through exhaustion, as she sought compassion through her complaints.

It's striking: you say that she "only saw from her small window" and didn't understand that your father "thought of everything".

Today, can you identify this same "little window" in your behavior? That same inability to see that maybe love and attention don't depend on the money we spend?

How do you feel when you realize this resemblance to your mother?

THE PATIENT:

My mother made her love depend on money! My sister also stopped talking to my parents because they hadn't given her any support. As if he wouldn't have wanted to? I'm the

opposite. I am the one who gives, but I give for fear that I will not be loved!

E.S.T Emotional Self Treatment:

There you go! You have just identified psychological inversion perfectly!

Your mother and sister made their love depend on what they received financially. And you, by reaction, have created the exact inversion: you give out of fear that people will not love you.

But look: ****it's the same basic belief**!**
Whether it's giving or receiving, you all believe that love depends on money. Your mother thought "if they love me, they give me", you think "if they love me, I have to give".

That fear "that no one will love me" if you don't give - that's exactly your mother's terror

of being "alone and penniless". You carry her fear!

And see how it exhausts you: you feel "exploited" because you give out of fear, not out of true love. You reproduce the same dysfunctional pattern, just the other way around.

Do you feel the pain of the little girl that you were, who saw her mother suffer and who said to herself "I'll never make others suffer like this, I'll give everything"?

THE PATIENT: Wow

! It's true! And indeed it's terrifying not to have and give while going into a tailspin. Love must be independent of money? However, at my two marriages, I married penniless men and I suffered enormously. They used me like a dairy cow.

E.S.T Emotional Self Treatment:

Exactly! You see how this belief has trapped you on both sides!

On the one hand, you give out of fear of not being loved. On the other hand, unconsciously, you choose "penniless" men - just like your mother! You reproduce the maternal pattern by marrying men who will "use you like a dairy cow".

It's a perfect vicious circle: you attract men who confirm your belief that "love depends on money," and at the same time you exhaust yourself giving to deserve that love.

You say "love must be independent of money" – your heart knows it! But your unconscious, programmed by your mother's history, continues to create situations where money becomes central.

That little girl in you who saw her mother suffer and hate her father for the money – how did she feel? Was she afraid? Was she angry? Did she feel powerless in the face of this war between her parents?

Can you see her, this little girl who promised herself never to be like mom, but who in the end reproduces exactly the same suffering?

THE PATIENT:

Yes, I was afraid of my mother's vehemence. It was unfair to my father who worked hard and she, who didn't work, complained. Yet my mother was not a spendthrift. But she was very jealous of her sisters who were more affluent than her. She made us feel that she was ashamed of our financial situation and indeed today I am ashamed to say no, not to give everything!

E.S.T Emotional Self Treatment:

This is the heart of the problem! This shame that your mother felt in front of her wealthier sisters, she passed on to you like a poison.

You were afraid of her vehemence, you saw the injustice she did to your hard-working father, but at the same time you absorbed his shame. This shame of being "worse" financially than others.

And look today: "I'm ashamed to say no, not to give everything" - it's exactly the same shame! You carry your mother's shame, this terror of being judged "poor" or "stingy".

Your mother was jealous of her sisters, and you exhaust yourself so that no one can reproach you for not giving enough. You're trying to fix her shame by being the opposite of her.

But that little girl who saw her mother being ashamed and complaining - she must have felt so bad! Maybe she thought "it's my fault that mom is ashamed, if I wasn't here, she wouldn't have these money worries"?

How do you feel when you imagine this little girl who was already carrying this shame that was not hers?

THE PATIENT:

She shamed us all by talking like that to her whole family. We felt poor and a stingy family. We never had enough money to pay, invite others, buy flowers for our guests, I have no memory of my parents bringing some things to the hosts' homes.

E.S.T Emotional Self Treatment:

This collective shame that your mother made you all bear... How painful it is! You were children and you felt like a "stingy family", you

were ashamed of not being able to offer, invite, bring something.

This little girl that you were had to say to yourself: "When I grow up, I will always give, I will never shame anyone, I can never be said to be stingy."

And look today: you are exhausting yourself giving, "pleasing everyone", you are "ashamed to say no" - you are trying to repair that childhood shame by being the complete opposite of how your mother made you feel.

But was this approach really love and did it encourage your fulfillment? A mother who shames her children, who makes them feel "poor" and "stingy"?

That little girl who was ashamed and who promised herself to always give so that she would never feel that way again - she needs

comfort, doesn't she? She carried a shame that was not her own.

Can you see her, this child who suffered from this unjust shame?

THE PATIENT:

Today I would have told her. You know, it's okay that you don't have any money. We don't judge you on that. Your father is upright and honest. He does the best he can. It's not good for everyone to blame him. He works hard and he loves you so much.

E.S.T Emotional Self Treatment:

It's beautiful! You just said exactly what that little girl needed to hear. You see how wise you already had back then – you understood that your father was "doing the best he could" and that he loved you.

Now, can you close your eyes and visualize

this little girl that you were? She who was ashamed, who felt "stingy family", who carried her mother's anger and frustration...

Imagine yourself today, with your adult wisdom, approaching this little girl. Say exactly these words you just said: "You know, it's okay if we don't have money. We don't judge you on that. Daddy is doing the best he can and he loves you so much."

Also tell her: "This shame you feel, it is not yours. You have done nothing wrong. You are a wonderful little girl and you deserve to be loved just for who you are, not for what you give."

How does this little girl feel when you tell her that? How does she react?

THE PATIENT:

She is crying. It was not possible to be loved

for what you are. Especially since my mother never loved me. In fact, recently she has called all her children stingy and intentional. She continues the same game with us.

E.S.T Emotional Self Treatment:

Oh, this little girl is crying because she has such a deep double wound... Not only the shame of money, but above all this terrible reality: "my mother never loved me".

And your mother continues to this day! She calls you all "stingy and careless" – she has never healed from her own wound and continues to blame her children for her suffering.

This little girl who cries, she understood very early on that she would never be good enough for her mother. So she said to herself, "If I give everything, maybe the others will love me, since mom doesn't love me."

Take this little girl in your arms. Tell her, "I'm sorry that mom didn't love you the way you deserved. But it wasn't your fault. You were perfect just the way you were. And now I'm here for you. I love you unconditionally. You no longer need to give to be loved. You can come with me now, I'll never leave you alone again."

What happens when you tell him that?

THE PATIENT:

She wants to stay with me. Far from her mother.

E.S.T Emotional Self Treatment:

It's beautiful and so important! This little girl has chosen to come with you, far from her mother who didn't know how to love her. She found the security and unconditional love she had been looking for, for so long.

Promise her: "You will never be alone again. I will always be there for you. You'll never need to give again to deserve love. With me, you are loved just for who you are."

Now that this little girl is safe with you, that original wound begins to heal... How do you see your current situation?

That fear of "being left alone and penniless," that shame of saying no, that compulsion to give out of fear of not being loved—all of this came from this wounded little girl who was desperately trying to get her mother's love.

Today, with this new understanding, how might you approach your relationships differently? With your daughter, at work, with others?

What changes now that you know that true

love has nothing to do with the money you give?

THE PATIENT:

I realize how sad our house was. There was no love and a lot of hate. Almost no discussion between my parents. No meeting point, no osmosis. A distance and a terrible coldness. That's how the nights make me feel. Solitude, silence, coldness, darkness, despair, sidereal emptiness as my house was.

E.S.T Emotional Self Treatment:

What a painful and liberating revelation at the same time... You've just understood why winter nights depress you so much. They bring you back to that atmosphere of your childhood: "solitude, silence, coldness, gloom, despair, sidereal emptiness".

This house without love, this "dreadful distance and coldness" between your

parents... This is where this little girl grew up, in this emotional desert. No wonder she developed this terror of being alone and this compulsion to give to create a bond.

You unconsciously reproduced this coldness by exhausting yourself by giving without receiving true love in return. Your two marriages to "penniless" men who used you - it was like recreating that same lack of osmosis, that same emotional distance.

But now that this little girl is with you, safe, loved unconditionally... You can create something different. You are no longer condemned to reproduce this sidereal vacuum.

How do you now imagine being able to turn those cold nights into moments of peace with yourself? And how could you create true human warmth, based on authenticity rather

than exhausting giving?

THE PATIENT:

Turn on the heating. Soft music. Sit down and talk on the sofa. Eat something, snack together.

E.S.T Emotional Self Treatment:

It's beautiful! You have just drawn a picture of true human warmth: heating for physical warmth, soft music for the soul, sitting together for closeness, chatting for connection, snacking together for simple and natural sharing.

Look how different it is from your childhood! You create the exact opposite of this "appalling coldness" and "silence" of your childhood home. And above all, look at how these pleasures cost almost nothing - just presence, attention, simplicity.

Do you realize that true human warmth has nothing to do with the money we spend? That your daughter can "enjoy" with you over hot tea and a conversation, without necessarily going to the shops?

That little girl in you who was so afraid of being "alone and penniless" - she's discovering that you can create love and joy with so little.

How do you feel now, imagining those moments of true connection that don't depend on your ability to give financially?

THE PATIENT:

Calmer. But to say no, disappoint, sadden the other, deprive the other still seems difficult to do.

E.S.T Emotional Self Treatment:

This is completely normal! This fear of

"disappointing, saddening, depriving the other" is still there because that little girl in you is still afraid of being rejected if she doesn't give.

But take a good look at the words you use: "disappoint", "sadden", "deprive"... You still carry the responsibility for the happiness of others on your shoulders, just like that little girl who felt responsible for her mother's sadness.

Can you see that saying "no" with love is sometimes the greatest gift you can give? When you say no to your daughter to go to the shops, but you offer her that warm moment on the sofa with music and discussion - isn't that more nourishing for her?

And if people reject you because you don't give money... Is it really love that they had for you?

That little girl who is afraid of disappointing - what would you say to her now? How would you help her understand that she can be loved even when she says no?

THE PATIENT:

Yes, when you love the other person, it's more nourishing. And when you don't like the other person, it's not.

E.S.T Emotional Self Treatment:

Exactly! You have just touched the heart of the truth: when you truly love someone, you want what truly nourishes them, not what exhausts or empties them.

And when someone doesn't really like you, nothing you give will change that. You could ruin yourself, exhaust yourself completely – if love isn't there, it never will be.

So you realize that all this effort to "please everyone", this fear of "disappointing" - it was an impossible race? You were trying to buy a love that can't be bought.

The people who really love you — your daughter, for example — will prefer those authentic moments on the couch to purchases that stress you out and impoverish you. And those who love you only for what you give... Well, they don't really like you.

How do you feel when you realize that you no longer need to carry this huge burden of "satisfying everyone"? That you can finally breathe and choose who really deserves your energy and love?

THE PATIENT:

I'm afraid of being stingy! I see myself stingy.

E.S.T Emotional Self Treatment:

Streatmt / Self-treat.com Properties

Copyright ©

Author: Sarah Atias

29

Ah! This is the last trap of this program! You're so afraid of being "stingy" – exactly the word your mom used to shame you!

But look closely: who defined what it means to be "stingy" in your head? Your mother! The one that until recently called you and your brothers and sisters "stingy and inattentive". The one who has never known how to love you.

What exactly does it mean to be "stingy"? Don't break the bank to please? Say no when you can't afford it? Choosing the real connection over the expense?

Your father, whom you described as "upright and honest", who "did the best he could" and "loved you so much" - your mother called him stingy too! But was he really stingy, or was he just responsible?

This fear of being "stingy" is still your mother's voice that controls you, that makes you exhaust yourself to avoid her judgment.

But today, with this healed little girl by your side, can you see the difference between being stingy and being wise? Between being selfish and taking care of yourself?

THE PATIENT:

The difference seems to me to be very fine when it is not!

E.S.T Emotional Self Treatment:

Exactly! This difference seems "very fine" to you because your mother mixed everything up in your child's head. She stuck the label "stingy" on everything that was not giving without counting.

But in reality, this difference is not fine at all!
It is enormous:

- To be stingy: to refuse to give out of greed, even when you can-

To be wise: to give with love when it is right and possible, to say no with kindness when it is not the case

Was your father who managed the family budget, who thought of holidays and everyone's clothes - was he stingy? No! He was responsible and loving.

You who would now choose to spend a warm moment with your daughter rather than ruin yourself in the shops - would you be stingy? No! You would be loving and wise.

This confusion is the poison that your mother has put in your mind. She made you believe that not giving everything = being stingy = not being loved.

But now that you see clearly, how would you define true generosity? Not your mother's, but yours?

THE PATIENT:

Giving without counting was his dream. Exactly, and it's the abyss. Generosity is giving the other our presence and willingness to help. It doesn't have much to do with money seen from this angle.

E.S.T Emotional Self Treatment:

Gorgeous! You have just completely freed yourself from this toxic programming!

"Giving without counting was his dream" - exactly! And this impossible dream has made her unhappy all her life, and she has tried to pass it on to you. But you're right, it's "the chasm" – a bottomless pit that can never be filled.

And your definition of true generosity is perfect: "giving the other our presence and willingness to help". This is true love! The one who nourishes without exhausting, who gives without impoverishing.

Do you realize that you've always been generous in that way? That very conversation, your ability to understand and forgive your father, your desire to create those warm moments with your daughter – all of this is true generosity!

Now that this little girl is healed and you see clearly what true love is, how do you feel? Does this fear of being "alone and penniless" still have the same power over you?

And most importantly, how will you approach your relationships differently now that you know you don't need to buy love anymore?

THE PATIENT:

Merci. je am tired. I'm going to bed

E.S.T Emotional Self Treatment:

Thank you for the wonderful work of liberation that you have done today. You had the courage to face this suffering, to understand its origins, and above all to heal this little girl who had been carrying shame and fear for so long.

You leave with a deep understanding: true love has nothing to do with money, and true generosity is offering one's presence and kindness.

This fatigue that you feel is normal - you have just released emotions that have been carried for decades. Rest well, and remember that this healed little girl is now with you forever.

I wish you excellent health and happiness.
Sleep peacefully, you've earned it.

The patient:

I understood that those who call us stingy are often the stingy ones. They shame us for receiving more. It's naughty. Thank you again for accompanying me in this reflection.