



WRITE THE “MANIFESTO”

A manifesto is used when dealing with difficult people in your life – past or present. The goal of writing a manifesto is to give your brain new understandings and perspectives. Typically, your belief about someone is rooted in your own fears, wounds, or insecurities. Then you make their behavior mean something about you; that you’re not lovable, or not worth the time and attention, or you’re somehow wrong or broken, etc. The manifesto shifts the way you think and allows you to stay in emotional adulthood by not taking on responsibility for another’s behavior, actions, or words. It helps you to recognize their behavior as coming from *their* unhealed wounds, so that you don’t have to get offended or take it personally.

The manifesto supports the idea: “What if their behavior, actions, or words towards me has nothing to do with me at all, and everything to do with their own unhealed wounds, fears, and insecurities?” Ultimately, the goal is to not allow yourself to live in offense (resulting in bitterness and resentment), and instead learn to have compassion for another. Compassion and bitterness cannot coexist.

Writing the manifesto will allow you to say, “Of course they’re behaving that way...” because you understand more about their brokenness.

HOW TO:

Begin by writing everything you know about this person that is fact based. Start with any information you may have about their childhood experiences, how they were raised, any childhood trauma, their family of origin dynamics, etc., and write everything you know. Then add anything that you know additionally about their growing up years to the present. This could be a loss of a child or parent, a divorce, financial bankruptcy, etc. Remember that these are all fact based.

Now that you’ve done that, you may be able to add anything you may assume to be true based on normal human behavior. For example, you may not know that someone was sexually abused in their past, but based on their behavior today, studies in psychology would suggest they’ve experienced some sort of sexual trauma somewhere in their life. You may add to your manifesto as things come to mind or become clear.

Read your manifesto often while dealing with the difficult person!