
Deconstructing the impact of *Deconstruction*

The process of questioning long-standing beliefs and processing experiences where trusted leaders abused authority is complex. Members of your internal family hold burdens from being hurt and betrayed. Others adopt protective strategies to shield tender, wounded parts from further injury. They are worried the chaos of intense feelings will be overwhelming. And some of your protective parts must work to navigate judgment, shaming, and pressure to conform. Anyone who accuses you of taking the easy path by deconstructing your faith is not walking that path.

Adopting a practice of befriending all of the hard-working parts of your system involved with deconstruction helps restore access to intrinsic qualities such as clarity, calm, and courage. These God-given healing resources help you discern healthy spirituality as you heal from the impact of toxic spirituality.

BEFRIENDING YOUR INTERNAL FAMILY

Preparation

Eliminate as many distractions as possible. Turn your attention inside. Take a deep breath. The space you create with your breath allows just the right distance for a good connection with the members of your internal family and, as it feels helpful, the Spirit.

Inner Awareness

With full attention to your inner experience, notice thoughts, emotions, images, and sensations that arise as you consider your spiritual deconstruction. These are held by members of your inner family. Allow your breath to be a calming reminder of the presence of the Divine. Begin noticing if you are curious about connecting with whatever is there.

Focus

Focus on whatever is most present or intense. Notice whether you are open to connecting with this part of you - a member of your inner family. Are you curious to learn more about why it is overwhelmed, burdened, angry? Often, more than one part will be present simultaneously, which can block your curiosity. Gently ask others to wait their turn so you can connect with them one at a time.

Befriending - The Heart of the Practice

It is helpful to remind yourself that befriending your internal family members is no different from developing any other relationship!

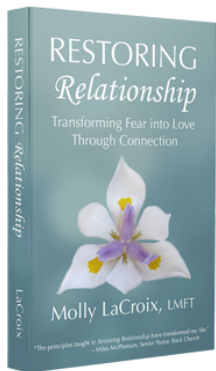
It involves listening, being open and curious, and allowing your love to create a gracious space for connection. Curiosity is vital because it will prompt questions that help you learn the part's intention.

- What does it want you to know?
- How is it trying to help you?
- How does it feel about the job it has to do?
- What is it afraid would happen if it didn't do it?

Notice the response to your questions. Let it know that you are grateful for what it showed you.

As with any relationship, consistently connecting with this member of your inner family will strengthen the relationship, a process called *befriending*. Befriending releases constraints to resources you possess because you are created in the image of Love. Connection calms the overwhelmed parts of you. You will also notice more compassion, clarity, and confidence as you make sense of your deconstruction and the emotions that come with it!

FIND ADDITIONAL SUPPORT



Do you wonder why Christians talk so much about love, but can fail to be loving when you need it most? Due to fear of vulnerability, people often struggle with being a supportive presence in one another's lives during times of suffering. Restoring Relationship explores how to love God and others by loving all parts of yourself. By looking at the roots of our vulnerability, Molly offers practical ways to transform fear into love through connection.

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