

Chapter 7

Biological model for the comparison of schemas and programs

For pupils of secondary schools or adolescents, the question how a person learns and understands all the thousand things that one needs in life is subsequently illuminated. The example of the 12-year-old Lina who is avoided due to her precocious remarks in class and at home serves as an illustration here. She asks the therapist why she is so often misunderstood; she simply wanted to explain to the others all the things she already knew. The therapist responds as follows:

Look, Lina, sometimes things happen in life that can only be understood after a closer inspection. I'll try to explain that to you, okay?

Let's look at how a child arises: At the beginning there was just a sperm cell and an egg ; the two cells met and stayed together; they have grown and multiplied, quite often, again and again multiplied, so that they were many, many millions of cells in the end. And each of these cells knew exactly what their purpose was: some were cells in the heart, others in the stomach and others in the brain, etc. And after 9 months, a sweet little baby was completed. This is actually a miracle, right? Have you ever taken a close look at a baby? (Exchange with the child)

Do you know how this could be done? In the sperm cell and the egg cell were a kind of blueprint or library, which contained the whole knowledge of how the cells belong together; Adults call these "libraries" also genes; and in these genes different blueprints or we could also say programs are written down. The programs in turn have ensured that all cells are in their proper places, so that in the end the baby has everything, what it needs to live. (Exchange with the child)

That all this works ... yes for that automatic programs are responsible. When the child gets bigger other programs ensure that the child can learn and understand everything well. However the first programs still run then, e.g. the heart beats on its own, and the child breathes regularly, without the need to be reminded of. This all takes place automatically. (Exchange with the child)

Then the child grows, by the way ... all by itself, without anyone having to pull him/her or something. Great, isn't it? Well, these programs - you could also call them life patterns - were there from the beginning of life, we also say that they are innate, which means they do not have to be learned. (Exchange with the child)

However, there are also programs or patterns that are not innate which means they have to be learned. Do you have any idea what that could be? (True) it is the walking or the speaking. You may remember how difficult it was to learn? You had to practice that quite a long time, right? ... But now you are able to do these things and other programs for example walking down the stairs or expressing a wish. You are even able to do most of the things without thinking about it. (Exchange with the child)

Thus programs or patterns can be innate (e.g. heartbeat, breathing) or learned (e.g. walking, talking). And now something very important is mentioned: Once again, please listen carefully: Even in your everyday life at school, at home or on the playground, there

are programs or patterns that occur when you come together with other people: these are patterns that address the playing or learning or behavior. For example, a certain pattern takes place when you find out that there is no school tomorrow, because your teacher is sick. Your thoughts and feelings, so your thinking and emotional patterns have not always been there. These patterns have only developed from time to time. And do you know who has written these thinking and feeling patterns as programs? ... That was you! So you're a bit like a small programmer for your life.

What you have programmed for your everyday life, are thus life patterns that help you to respond quickly to things. Can you follow me so far? ... (Exchange with the child).

If you did not set up any life patterns, you would always have to think quite a long time, what your opinion on certain things might be. For example, you would be a quite slow player and the others would complain, why you always need so much time. That would also be very exhausting because you have to start over again and again, thinking about things. But since you're smart, you - like everybody else - have written programs and created life patterns. Due to that you're way faster than others, who cannot program as good as you. (Exchange with the child)

When you create patterns as a programmer, you are only able to do that because you have a few years of life experience and experienced different things personally. Thus, what you write in your programs, depends on your own experiences. We can reflect together which pattern you have already used in everyday life and the reasons for that. (Work out an example).

There are different ways how people deal with their experiences. If the experience was painful, actually everyone forms a kind of protective pattern because no one wants to undergo the same painful experience twice. And this explains why the patterns of everyday life somehow have to be there and should work. However, they should not bother the respective person; that is probably why they have made themselves invisible. If you want to see them directly, you need to have some kind of special glasses. I have got some kind of special glasses here (Fig. 1): Would you like to put them on and have a look? What do you see? ... Nothing? Please wait a moment, because I am now going to light a sparkler, which you will then look at you through the glasses. (Sparkler burns).

And what are you seeing now? The sparks become hearts. You can only see these hearts through the special glasses though, not without glasses (give the child a try). Thus, these glasses help you to see, many hearts, or one might say, many good things or characteristics in your fellow men. Unfortunately, there are not only heart-glasses. Here, I have got other glasses, so-called decoder glasses (Fig. 2)

Have a look at the color chart in Figure through these glasses.

What happens to the colors here?

Right, they are all grey now in different shades. Okay, so the colors have disappeared with these glasses. Nonetheless these glasses have an advantage as well: for example you can recognize the hidden writing in red letters tangle with it (see Figure 4).

Let's talk about the glasses or patterns that you have been collecting throughout your life.

You recognize them by the fact that you are quite sensitive in some moments and feel very sad, angry or anxious. What kind of moment comes to your mind here?

At this point, it is important to find out gently about the hypersensitive sites of the child. The therapist can also talk about his own sensitivities (e.g. if the own parents tell wrong things about oneself, or similar.). Only after this step is completed, it can be proceeded.

So, why are you so sensitive there? Yes, it probably has something to do with your life experiences.

Have you experienced something similar like this before? Or have you heard that someone else has experienced it? Or seen in a movie or a book? (Give the child an opportunity to remember and arise any internal images).

So if you ever experienced something like that or heard about it, then you have probably developed, put on kind of special glasses or we could also say, programmed a life pattern that has changed your views and your vision; in such a way that you did not even fully realize it. Maybe your glasses displayed a special situation much bigger? Then it's like using a magnifying glass: Small items become very big. Other things may be perceived little, although they are quite important. This can also be a pattern: not even perceiving things that bother one, even though they are actually there.

With the glasses that we have created in our experience, the world sometimes looks a little different and we perceive things as changed. Then usually misunderstandings occur, because the one person sees one thing and another person sees something totally different. Have you experienced that?

Below previous experiences are searched which may have led to hypersensitivity in the child. The special glasses, namely to respond very sensitively to the situation in this case in order to avoid or to keep them small as early as possible, are interpreted as a protective mechanism or precaution.

The glasses can be purchased easily (e.g. type in decoder glasses in a search engine).