

DECONSTRUCTING MY FAÇADE

AND

EXPERIENCING MY HURT SELF

WORKSHEET

Completed by Pat Stewart – Feb 16, 2025

This worksheet was completed for my own personal use. If anyone else is interested in using it, please feel free to do so. I have included video links, outline links, and time codes for the different sections to make it easier to find the original information from the [Divine Truth](#) website. Most of the information has been directly copied from the transcript and outline, however there are parts that were paraphrased. I have completed this worksheet in my current soul condition and therefore, there may be mistakes that will need to be corrected in the future.

Content and excerpts taken from the [Divine Truth Assistance Group](#) - **An Introduction to Love – Understanding Self - July 13, 2014**, and a **letter written by Jesus in June 2005**, called [Divine Law, Sin, Forgiveness & Repentance](#).

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Understanding Self - [Deconstructing My Façade](#) - [Outline](#)

Reminders about the façade self

My façade self is created in childhood by other people wanting me to not be my real self
Has been further developed by my purposeful desire to ignore my real and hurt selves
Is very 'adult' in nature, since adults or myself as a maturing adult developed the façade
So, we could call it the 'adult' façade to help us understand

My façade emotional self:

Loves addiction, compulsion, resistance, coercion and manipulation
Loves cruelty, nastiness, meanness, arrogance, condescension and superiority
Is insensitive, unaware, pretending, false, closed, controlled, and untrusting
Is dishonest, untruthful, insincere, invasive, unemotional, illogical
Is immovable, imprudent, thoughtless, irrational, reckless, irresponsible and careless
My façade self is the main cause of my choice towards unloving (sinful) actions

Why Must The Façade Self Be Deconstructed?

The description of the façade emotional self should be enough to help us to desire to remove it!

Reasons for deconstructing the façade self:

All of the emotions associated with the façade self will continue to dominate our life

Real love cannot be experienced by the façade self

Absolute truth will never be accepted by the façade self

Loving relationships are not possible for the façade self

Humility is not possible with the façade self

All relationships of the façade self are based on bartering addictions with others

The façade does not wish to allow the expression of our hurt self

The façade does not wish to allow the development of our real self

The façade cannot have a relationship with God

God does not want a relationship based on façade

There are many more reasons for deconstructing the façade

How difficult will it be to deconstruct the façade self?

It will be the most difficult thing you have ever had to do!

The façade will resist anything other than a firm desire and sincere attempt

Developing a [Desire for Personal Change](#) is essential.

What Is The Process Of Deconstructing The Façade Self (Or Anything Else)?

1. Begin in a place of denial

I am neither intellectually nor emotionally aware of the façade & the sin it creates
(Sin = unloving thoughts, words and actions driven by denial of unloving emotions)

(15:28)

Example of being in denial: I've done my best with my children. We are in denial because there is no understanding of our sin and how much damage we have created and how much work our children will now have to do to undo that damage.

2. Intellectual awareness that the unloving behaviour (sin) exists and is real

I am intellectually aware that what I am doing is wrong, and needs to be changed
I am aware of why it is wrong; find out what you believe God's Truth to be on the matter

(20:01)

Example of becoming aware of my sin: I created and projected most of my emotions on my children, so anything they're wrong on, it probably means that I was wrong first. This is the stage where I think maybe I did something wrong. Why was it wrong? The fact that they are struggling and in pain means that what I did must have been wrong. I did something that caused pain to them, and they didn't have a choice in the matter.

3. Intellectual awareness that the unloving behaviour (sin) has a cause within ourselves

I am intellectually aware that an emotion within myself causes me to take the sinful action

I am intellectually aware that the emotion exists within myself, and not anyone else

(26:58)

Examples of when we do not believe the cause is within us: the spirits made me do it; the devil made me do it; we blame it on others – our parents, our partner, our children; you did this, so I did that, justifying my unloving behaviour.

4. Intellectual willingness to identify the cause within ourselves of the unloving behaviour

I want to develop a willingness (will-power) to find the emotional cause of my unloving behaviour

(29:44)

*Example of being willing to identify the cause: “I’m willing to look at it with more sincerity”; “I want to find it.” Developing the will muscle is important
We must develop our will to discover the cause of our choices to sin.*

5. Intellectual awareness of the cause within ourselves of the unloving behaviour

I want to become aware of the actual cause of my unloving behaviour

(31:33)

The previous step was developing a willingness to find the cause; this step is becoming aware of the cause. It's like a light-bulb moment. Our spirit guides are always trying to help us do this; our spirit addictions are always trying to stop me from doing this.

6. Intellectual awareness of God's Truth

Ask myself what God's Truth would be about the unloving behaviour and the emotional addiction that drives my unloving behaviour

This is not 'knowing' God's Truth, but rather 'thinking' about what God's Truth would be

(34:25)

At this stage, we are just asking, it doesn't mean that we actually know. At this point we might think we know but we have yet to make a real soul change. Analyse myself. Has anything really changed? Be honest! There must be an emotional change for any real change to occur.

Intellectual awareness vs Soul awareness

Even though intellectual awareness has occurred I have not yet made any soul-based changes

However, now that I have done all of that, I can BEGIN to make a soul-based change!
I have removed my intellectual barriers to soul based emotional change!

7. Soul (emotional) awareness that the sin exists and is real

Soul based feeling that what I am doing is wrong, and needs to be changed

Soul based feeling of why it is wrong

Soul based feeling of what I believe God's Truth to be on the matter

(42:08)

When I become emotionally aware I'd probably have a good cry about the fact that I did it. Now I've become emotionally aware that the sine exists. I now emotionally feel that what I'm doing is wrong and I now know what God's Truth is on the matter.

8. Soul (emotional) awareness that sin has a cause within ourselves

Soul based feeling that an emotion within myself causes me to take the sinful action

Soul based feeling that the emotion exists within myself

(43:06)

I am now emotionally aware that the sin has a cause in me. I no longer minimise, justify, shift the blame, blame others including the Universe, my parents or God. I now take full personal responsibility and focus on trying to release the cause. When I get to this place, I will feel gutted emotionally, literally whereas before I was only thinking about things. I now know that I created my façade to avoid all this stuff inside of me. I also

recognize that all my fears were just excuses. There are only three reasons for fear of change: no faith, no desire to be emotionally overwhelmed, or no desire for truth. Corny's presentation: Fear of Change. A person who has faith, knows that they can cope with anything and wants the truth will go through this process. They won't give any excuses; they'll just do it.

9. Soul (emotional) willingness to identify the cause within ourselves

Develop a soul based emotional willingness (muscle) to find the emotional cause of my unloving behaviour

(46:13)

I will emotionally feel that I want to, with all my heart, find out what this is about. In the last two steps I've processed emotionally the damage that I did. At this stage I'm starting to say, "wow, this damage is incredibly complex. It's harmed that person. Their whole life has been affected by it; it's terrible." At this stage, I will be working out what it might be. It'll be every day and night, prayer, contemplation, analysis of what it is. Your whole being will be focused on trying to find the reason inside of yourself as to why this thing out of harmony with love occurred.

10. Soul (emotional) awareness of the cause within ourselves

Become emotionally aware of the actual emotional cause of my unloving behaviour
At this point we often find that our intellectual concept of the cause was completely wrong

(47:45)

Once I have the will, all of God's Universe is there to help me to come to an awareness. I now know exactly what it is. Everyone can disagree with me, and I'd still know. This is when I go from belief to knowing. Emotions equal information.

11. Soul (emotional) willingness to experience the pain from the expiation of error

Develop a soul-based willingness to actually experience the emotional pain that is the cause

(49:01)

Now that I've identified the cause, and I have a willingness in my soul to feel it, I will go through the actual release of emotion that will heal me. This process is one of the most productive processes because through this process, I have finished up with getting rid of the reason why I did it. I will never do it again, under any circumstances. It will be automatic for me not to do it.

12. Soul (emotional) release of the cause within ourselves

Actually experience, feel & release the emotion that causes the error

(51:15)

I now emotionally release the cause. There's an actual release. After this process I will feel like an almost entirely different person.

13. Soul (emotional) perception of the God's Truth

Now we will have, written in our soul, a complete awareness of the Truth and the cause will no longer exist within us

We will now automatically not be able to engage in the sinful unloving behaviour & we will be automatically loving

We have actually gone through a soul-based change!

(51:46)

I now know what the truth is. Now I have it written in my soul (the Law of Love on that issue). There's no danger of me ever doing it again, unless I purposely choose to do it, and I'll know that I've purposely chosen to do it. It won't be an automatic process that I sin anymore; it'll be an automatic process that I don't, on that issue.

Summary Of Intellectual Process of Deconstruction

Begin In A Place Of Denial

Awareness that the unloving behaviour (sin) exists and is real

Awareness that the unloving behaviour (sin) has a cause within ourselves

Willingness (will-power) to identify the cause within ourselves

Awareness of the cause within ourselves

Awareness (in mind) of God's Truth

Summary of Emotional Process of Deconstruction

Soul awareness that the sin exists and is real

Soul awareness that sin has a cause within ourselves

Soul willingness (will muscle) to identify the cause within ourselves

Soul awareness of the cause

Soul willingness (will muscle) to experience the pain of the causal error

Soul release of the causal error within ourselves

Soul acceptance or education of God's Truth

Conclusion

The most difficult process is to remove the façade self because:

The façade self takes a lot of effort to deconstruct

The façade self has the most resistance to love and truth

The façade self wants to retain itself

The façade self wishes to avoid all painful emotion

The façade self is angry and resentful towards God

Homework

Begin the process of noting down your actions out of harmony with love

Ask yourself whether you are really willing to see the reason why you do these things?

Ask yourself whether you see your addictions & unloving behaviour as a sin?

Attempt to develop an intellectual awareness of the emotions driving those actions

Understanding Self – [Experiencing the Hurt Self](#) - [Outline](#)

What Is My Hurt Self?

REMINDERS:

If you find yourself emotionally overwhelmed at any point, don't forget that it's an opportunity.

The process of undoing damage that you've had with you for a long time is worth the effort.

"This does work", "I can feel the truth of some things." Stay with that; there will be results.

The real self wants to be itself, the hurt self wants to feel its hurt, but the façade self is the one that doesn't want you to do either of those things.

My hurt self is:

Created by other people harming me (from conception onwards)

It is injured further by my harming myself or others through my choices

Is stagnant at the age the damage or harm was created

Contains most my own inner causal emotional pain and suffering

We can call my hurt self my "Hurt Child" to help us identify

My hurt emotional self:

Is pained, hurt, aggrieved, wounded, injured, upset, and distressed

Is timid, nervous, shy, fearful, hesitant, apprehensive, cautious and concerned

Is fragmented, disjointed, uneven, suppressed, dormant, undeveloped, concealed, embryonic

Is humiliated, shamed, embarrassed, disgraced, unfavoured, and self-conscious

Is rejected, discarded, unwanted, and unneeded by others

Is angry, rebellious, self-absorbed, self-centred, and lacks awareness of surroundings

My hurt self (hurt child) lacks development for the following main reasons:

Each hurt is 'frozen' at the age the hurt occurred no matter who caused the hurt

Each hurt, while it remains, prevents God's Truth from entering on the same subject

Each hurt, while it remains, prevents my ability to feel and experience love as an emotion

Each hurt, while it remains, defines my understanding of truth and love

Each hurt is locked up inside, & cannot be released without sincere emotional expression

Unless the hurt self is felt emotionally, the hurt self cannot grow emotionally

Consequently, my hurt self remains young, childish, immature, contained & restricted

Essential Steps Needed to Connect to & Heal Our Hurt Self

Introduction to other essential information to heal your hurt self

Process of deconstruction outlined by Jesus in his presentation "Deconstructing The Façade Self" also applies to the deconstruction of the hurt self

The following essential information contains additional recommendations to aid with the deconstruction of the hurt self

Each step must be engaged emotionally

14. Acknowledge that hurt exists within & feels very emotional, uncontrolled, raw & truthful

Acknowledge that a lot of this hurt occurred when others were unloving to you in childhood

Acknowledge the rest of the hurt occurred when you were unloving to yourself & others

You will not acknowledge the hurt unless you have begun to break down the façade

Acknowledge current fragmentation of self is due to suppression of hurt & acting in facade

This does not involve justifying poor behaviour now due to bad childhood experiences

(10:15)

My hurt is going to feel soft when I connect to it. My hurt is not my façade, anger or my resistance. The hurt self feels soft when it connects to things. Often, we associate that with something that's childlike: softness, pliability, willingness to be vulnerable and go into feelings. I need to acknowledge inside of me there is a self that feels pretty sad and pretty soft and doesn't have any big armour on to go out and face the world.

15. Acknowledge how you currently treat the hurt self emotions

Recognise the ways we use façade and addiction to suppress & deny our hurt

Recognise the ways we use façade and addiction to treat our hurt badly

Become sensitive to our façade judgements and fears about the hurt

We use this treatment in order to keep the hurt self suppressed

We push ourselves through situations that scare us

We deny our feelings of worthlessness and instead push ourselves into façade

We 'cheer-up', cover-up, punish, judge, bully and push around our hurt selves

(14:38)

When I say "cheer-up", "come on, let's go outside. Have a walk. You'll be alright", it's actually quite harsh. It's saying, "your feelings aren't even important enough to feel."

16. Stop the harsh treatment of the hurt self

Emotionally challenge and deconstruct the façade

Emotionally recognize how we treat our hurt self feelings with contempt & derision

Remove the emotional reasons for the harsh treatment of ourselves by feeling them

Emotionally turn your will to be harsh into a will to be soft & accepting

(22:56)

When I am treating my hurt self harshly, I am automatically modelling this to the people around me (my children). This is the way you treat hurt, or this is the way you avoid hurt.

17. Allow the hurt self a voice

This is a major step in loving yourself

Find a way to connect to and express your hurt self

Use anything that works and helps you be truthful about the hurt you have experienced

Become sensitive to the hurt self's damaged viewpoint of the world and reality

Allow the hurt child-like parts to feel the feelings that were suppressed by others

Allow the hurt other parts to feel the feelings that were suppressed by you

The adult hurt was caused by the choice to avoid the hurt child emotions

State the truth of what you haven't said. Some of this will sound child-like & illogical

This is the beginning of treating the childlike parts of ourselves that feel hurt with care and compassion

(25:20)

Allow my hurt self to have a voice, to say the things that I didn't say, that I didn't get to say, but wanted to say. Step 16 is stopping the lack of love; step 17 is starting to show love, just like you would to a little child. "What do you want to say? You've been shut up for years and years. What do you want to say right now? Let's hear it."

18. Allow the feelings of the hurt self

This is another major step in loving yourself

Allow emotional expression and experience of the hurt feelings

Feel the truth about what really happened which was previously suppressed and denied

(30:53)

Allow my hurt self to have these childlike feelings, to experience them. It will happen much easier once I stop all the harsh treatment and judgment and punishment. I will need to use my will to allow this process. I'm going to feel overwhelmed. There will be fear, pain and grief but they're much softer. You're feeling softer now, you're feeling a

flow of emotions rather than being rigid. When I start pushing myself: “Come on! Get into this! You didn’t do that! That wasn’t long enough! Did you time that? Fifteen minutes! How am I ever going to get to be at one with God?” It’s not like that – that is your adult façade in operation.

19. Begin to take care of the hurt self

The child-like parts of ourselves have never had anyone – including us – take care of us
Now as an adult we are going to have to care for ourselves

Imagine how we would treat a hurt and neglected child right in front of us

We can do that for ourselves

We can

Make time to be with the hurt parts of ourselves that were suppressed or denied

Listen to what these parts of us want and what we feel we missed out on

Stop pushing, begin to encourage and care for ourselves

Tell ourselves the truth about the hurt

(33:49)

I won’t be watching the clock anymore, time the bouts of tears. I won’t be rushing around with my to-do list every morning saying, “I’ve got to get all this done or I’m not a worthy woman!” I’ll be saying, “You know what? I’ve been shut up and shut down for a really, really long time. Now is my time. I’m going to give myself time and space to tell me what I feel, to let my feelings come.” The expressions that come out of me will often sound just like a child. The things I want to say might sound just like a two-year-old. My hurt self is not a separate little kid; it’s just parts of myself that have stayed frozen at the age it was hurt. These parts of me should get the chance to mature, to feel what they need to feel. The awesome part is once the hurt bits are gone, I’ll see the best bits of me, my real self.

20. Educate the hurt self

The hurt fragments of us have had no loving education

Loving education will involve teaching our hurt self:

About God, our real parent, how He differs from our earthly parents, most trust-worthy

being in the universe

The truth about emotions; that it is safe to have feelings

Personal responsibility; that it is unloving to depend on others for things

The gift of will; the ability to choose, and our personal responsibility for our choices

About sexuality; our body, soul-sexuality and soulmates

About safety; about trusting emotions, the adult ability to say 'no'

Morality and ethics; treating others as we wish to be treated

This education will be emotional, not intellectual

The hurt self must go through the same process of awareness that the façade self has had to go through

(37:59)

I will tell myself, "I'm feeling hurt and frightened, but I was built to feel this." In order to heal my hurt self, I'm going to need to educate myself about myself, my soul, who I really am, about God, God's Love and God's Laws, the Universe, etc. Some of the things that Mary educated herself on were ethics and morality; sex and her body; soulmates; that her desires and interests were ok; that she is allowed to be an individual and want what she wants and feel what she feels. I'll know when I connect to my hurt. I'll say, "this part of me has no idea about love. This part of me doesn't believe in God. This part of me feels hopeless in the worst kind of way." That's where you start to give the education, a loving education. I will have a stronger sense of what's lacking in my knowledge of love. I can begin to seek out experiences that will help me learn about that, as well as acting in the faith that I have already established.

Beware of the desire to stay fragmented or to create a separate 'inner child'

In reality these child-like parts of ourselves have never had a chance to mature
We deserve the chance to feel what was suppressed
We deserve the chance to grow up and integrate all our 'fragments' so that we become whole, sensitive, and aware individuals
As we 'grow up' we get to keep the wonderful elements of the real self that are often attributed to an 'inner child' e.g. curiosity, openness, adventurousness, playfulness etc.

Conclusion

Unless I do this work with the hurt-self I will not reach most of my causal emotion and cannot grow my soul in love
I will have a distorted outlook on life
I will not come to know my true self
It is my true self that has a relationship with God, so without deconstructing my façade and experiencing my hurt self, I can never come to know God

The Real Self

We haven't spoken about the real self because no one is yet ready
Many are trying to develop the real self without doing any work on façade and hurt selves

The biggest amount of work will be on deconstructing the façade

It takes time
The hurt self wants to feel hurt
The real self wants to be itself
The façade doesn't want the other two selves to do what they want!

These things are your blocks to accessing causal emotions.

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.