

Pat Wyman: Three Keys to Self-Understanding

Book Outline and Chapter Summaries

Introduction

Uses an extended example to illustrate this synergistic model. The key components and their dynamic interaction in the healing process are labeled and introduced.

Part I: The Need For Healing is Universal

Lays the groundwork for why self-knowledge is important to living a full life.

Chapter 1: Woundedness: The Human Condition

Explains why woundedness is universal and why we need to heal these wounds in order to change and grow, including discussions of:

- function and dysfunction
- adult or child
- the power of feelings
- the beginning of distorted thinking
- living defended
- Maslow and mirroring
- conflict and containment

Chapter 2: Five Levels of Healing

Describes the five levels of healing to help readers decide where they are in the process and to motivate them to keep moving:

- awareness
- information gathering
- behavior modification
- deep emotional healing
- spirituality

Part II: The Three Keys to Self-Understanding

Details the 3 keys to self-understanding, using the metaphor of a house.

Chapter 3: Who's Home? Understanding the Myers-Brigg Type Indicator

Clearly explains the Myers-Briggs Type Indicator (MBTI)®. An overview of what it measures is presented, and the reader is given enough information to get a working understanding of the system, as well as a general ability to determine their own four-letter preference profile (including lists of traits of the 16 MBTI® personality types and a discussion of the four temperament types):

- extraversion and introversion
 - energy from outside (E)
 - energy from inside (I)
- thought processes
 - gathering info
 - through the 5 senses (S)
 - through the 6th sense (I)
 - making decisions
 - objective (T)
 - subjective (F)

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- decisiveness
 - take it in and decide
 - always give me more info
- Temperament types
 - Sensing & perceiving (SP)
 - Sensing & judging (SJ)
 - Intuition & thinking (NT)
 - Intuition & feeling (NF)
- MBTI® and Core Self

Chapter 4: Who's Guarding the House? Understanding the Enneagram

Gives a basic overview of each of the nine Enneagram personality types. (Those already familiar with the Enneagram will quickly realize that this model provides a new approach to its use.) As with the MBTI®, the reader is given enough information to understand the Enneagram system and, using the caveats that Wyman offers, to ascertain his or her own Enneagram point. The chapter presents:

- Reinforcements
- Gut center
 - Eights
 - Nines
 - Ones
- Heart center
 - Twos
 - Threes
 - Fours
- Head center
 - Fives
 - Sixes
 - Sevens
- Decision time
- The Enneagram as defender

Chapter 5: Compatible and Oppositional Parts of Personality: Understanding Internal Conflict

Shows how the two aspects of personality (the MBTI® and the Enneagram) interact. Specific congruencies and incongruencies of the MBTI® type and the Enneagram point are discussed as functioning parts of a whole. Carefully crafted illustrations clearly capture the essence of the internal conflicts that arise when one's MBTI® and Enneagram type are at odds:

- 4 MBTI dichotomies & the Enneagram
 - extroversion & introversion & the Enneagram
 - sensing & intuition & the Enneagram
 - thinking & feeling & the Enneagram
 - judging & perceiving & the Enneagram
- Core self & defense system: all out war

Chapter 6: How Did I Get Into This Mess? Understanding Your Baggage

Returns to the concept of woundedness, describing in depth four potential areas for wounding. Uses real-life cases to show how various personality types deal with these issues differently and how such baggage interferes with living a full life:

- Wounding from family roles
 - hero
 - scapegoat

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- lost child
 - mascot
- Wounding from personal identity
 - physical appearance
 - gender
 - sexual orientation
 - personality
- Wounding from abuse
 - physical
 - sexual
 - emotional
 - verbal
 - passive/neglect
 - chemically dependent parent
 - cultural, ethnic, & religious tradition
 - parenting styles
 - family secrets
- Events out of child's control
 - chronic physical illness
 - parent's mental illness
 - divorce & separation
 - finances
 - comparisons
 - conflict & chaos
 - death
 - ungrieved losses

Part III: Using the Keys to Clean House

Explains how to take the 3 keys and work through the five levels of healing.

Chapter 7: Understanding the Kid Within

Presents a non-scholarly, simple explanation of the theory of Inner-Child Therapy, including the three levels of this type of work:

- Three levels of inner-child work
 - historical
 - metaphorical
 - spiritual

Chapter 8: It was Easy to Get Hurt: Woundedness and Your Defense System

Through helpful graphics and in everyday language, stresses why feelings are the real key to healing. Examples inspire readers to face painful emotions. Examines some of the cultural messages forbidding the expression of emotions, thus encouraging the in-depth work required to heal. Customizes the information (and respects individual differences) by presenting it from the perspective of personality type. The chapter includes the following:

- black hole & addictions
- external focus & co-dependence
- dealing with feelings

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- interpersonal implications
- communication cycle

Chapter 9. "Healing: Creating a Safe Place To Be YOU"

Outlines Inner-Child work, showing it as a process with a beginning, a middle, and an end. The process is described with case histories. Each case history gives a description of the personality type of the individual and an explanation of how different types handle similar situations quite differently. Describes/outlines/details specific activities/exercises to work with your Inner-Child:

- safe environment
- preparation
- process
- in the beginning
- dismantling defenses
- middle: beyond this point are dragons
- end: the light at the end of the tunnel is NOT a train
- trigger cycle

Chapter 10. "Tricks of the Trade: Techniques for Healing"

Describes a variety of techniques that can be used to access feelings and replace old messages with new understanding, including specific, detailed activities for doing so:

- imagery
- art therapy
- nondominant hand dialoguing
- music therapy
- combined approaches
- journaling
- body work
- breath work & meditation
- focusing
- neurolinguistic programming
- dream work
- prose & poetry

Chapter 11. "Reilly: A Case History"

The story of Reilly and her healing journey illustrates the concepts outlined previously.

Part IV: Free To BE

Looks at what to expect as signposts that healing is taking place.

Chapter 12. "Visible Results"

What can be expected as the result of doing this work? This chapter explains the benefits realized from using affective therapy to release the Core Self and modify the Defense System:

- control restored to core self
- boundaries
- relationships
- communication

Chapter 13. "Invisible Results: Spirituality"

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At the completion of the process, people naturally begin to discuss some aspect of their own personal spirituality:

- expectations
 - of self
 - of others
 - of a higher power
- judgement, sin & free will
- forgiveness & acceptance
- death & life
- the black hole
- fear
- suffering
- aloneness
- love
- chaos
- listening
- wounded child:wisdom child
- integration
- incarnation

Part V: Therapy

What to do if you feel that your healing work is not a do-it-yourself project.

Chapter 14. "Profile of an Effective Therapist"

Offers guidelines for choosing a therapist, as well as ideas of what to expect from the relationship.

Epilogue

In their own words, some of Wyman's former clients tell what this work has meant to them and how their lives have changed as a result.