

SELF-BLAME SPIRAL

You blame yourself for a choice that wasn't yours

STORY OF VERA

Tanja's appearance on a podcast introduced me to NLP. I felt there was something there for me and enrolled in NLP education, not knowing at the time how profoundly it would change my life.

At that moment, I was already carrying an enormous emotional burden. My former husband made the decision to become a monk. He left his private business, me, and our three children. I was left with questions that tore me apart from the inside: *What did I do wrong? What did I fail to see? How was I not enough?*

The hardest part was not judging him—and even harder was protecting my children from the anger I could barely keep under control myself.

Through NLP, I encountered the **Perceptual Positions** technique. For the first time, I realized that there is a way to see reality beyond one's own pain. That understanding does not mean justification—it means liberation. I understood that my pain did not come only from his decision, but from the beliefs I held about myself: that I was not enough, that I had failed, that his departure was my personal defeat.

Every evening, I went on long, fast walks—7 to 8 kilometers, sometimes even 15. I consciously stepped into his shoes. I looked at myself through his eyes, at our marriage, our family, and the world. And then something crucial happened. For the first time, I clearly saw that no matter what else I might have done, nothing would have changed his path. His decision was not my failure—it was his choice.

At that moment, without judgment, I began to change my relationship with myself. I started building new beliefs: that I am worthy exactly as I am, that I know how to love, and that there is nothing wrong with me. This understanding

helped me protect my children, so they would not grow up carrying anger and pain that were never theirs to begin with.

Today, I am married to a man who has accepted my children as his own. I love and I am loved—without proving myself, without the fear of not being enough.

Perceptual Positions gave me more than an understanding of the past—they gave me the freedom to choose a different future. To stop carrying other people’s decisions as my own guilt. To be an example to my children of what mature love, respect, and inner peace look like.

And most importantly, I learned that understanding does not erase pain—but it changes the experience of it and takes away its power to rule my life.

TRAINER’S PERSPECTIVE

The client entered NLP overwhelmed by self-blame and emotional pain after her partner’s radical life decision, which she experienced as personal failure. Her inner dialogue was dominated by guilt and responsibility for choices that were not hers.

Solution

Through NLP, the client learned to separate understanding from self-blame and release limiting beliefs about her self-worth. This shift created emotional stability, clear boundaries, and the capacity to build a healthy family system.

Method Used (The “Magic Wand”)

The primary NLP intervention was **Perceptual Positions**, supported by belief change and reframing. These tools enabled the client to step out of emotional pain, dissolve guilt-based interpretations, and consciously choose a future grounded in self-respect and inner peace..

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