

# Video 263: Needs, Trauma, Behavior, and Programming

by Wes Penre, July 3, 2021

*The video to this transcript can be found on our Video channel: <https://wespenrevideos.com>*

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My plan was to now post a video series in at least two parts, going deeper on the soul, the Genuine Spirit, and the False Spirit, but I need more time to research this, and there are other topics I would like to cover as well in the meantime. The topic for this video is but one of them.

In videos and articles of the past, I have to a great deal covered the subject of narcissism and codependency and different ways of coping with it and healing from it. I have talked about so-called shadow work, regression therapy, and other ways to be in control of our subconscious behaviors. Although some of these techniques work to a certain degree, they do not, in my opinion, get us to the point we might want to be as adult humans. There is another way that has helped me a lot on my journey the last year or so, and for me, it is really working. It's also relatively easy once we break through the first barrier or two. Therefore, I would like to share this with you so you can try it if you wish.

It is well known that most unwanted behavior and coping mechanisms originate in childhood. Coping mechanisms develop from trauma. As children, we protect ourselves against what we consider a hostile environment. Unfortunately, we bring these coping mechanisms with us into adulthood, where they no longer benefit us. We keep acting like we did as children when we protected ourselves against abusive or rejecting caregivers.

There are many theories how to get rid of those old and dated coping mechanisms, but I have found only one way that works for me, and that is *reprogramming*.

First, we need to become aware of the behaviors we have that do not benefit us in life or push other people away. When we are aware that certain thoughts or actions diminish us and stop us from doing what we want to do, we need to isolate the thoughts that come just *before* the behavior.

Then, next time that thought comes up from the subconscious mind, your conscious mind tells it, "Stop!" You stop yourself from executing the thought or reaction, and instead step back in your mind and replace that thought to another thought that would benefit you much better. Then you act on that. The same thing applies when having arguments. Instead of mindlessly reacting to what someone else says in their own reactive state, you step back, stop your reactive thought before you execute it, and transform it to something more profound and logical.

Train yourself to do this with each reactive thought that comes up that you can recognize and replace it with something that will assist you rather than diminish you, put you on a path you will regret, or create unnecessary tension between yourself and others. After some practice, you will be good at recognizing these thoughts. You will realize that all, or most of these reactive thoughts are part of childhood trauma, and sometimes perhaps even from previous lives you can no longer remember. But you know you have had them for as long as you can remember.

Here is something interesting: studies have shown that it takes between twenty-one to thirty days to change an entrained behavior if we are consistently working on it. This even applies when it comes to appreciating food we did not like before. Most people give up long before the three to four weeks, which is why they fail. But if we are consistent, it will get easier and easier to change our behavior and override the old, obsolete behaviors we have held on to--sometimes unbeknownst to ourselves, and we will get results.

In the beginning, it requires discipline to do this because old behavior can be powerful. But your conscious mind, when focusing, can be even more powerful. The more you do it with different thought patterns and behavior, the easier it will get, and your reactive mind will get quieter and quieter. You can't make your subconscious mind disappear, but it will eventually diminish from a roar to an insignificant beep if you are consistent with this. And as you go along, your entrained

childhood coping mechanisms that were helpful then, but can be detrimental in adult life, will fade, and you will be in much more in charge of your life, become much happier, considerably diminish your anxiety, and be more daring and willing to try new things because your fear has also decreased considerably. This is my personal experience, and it's backed up by scientific studies. The twenty-one to thirty days reprogramming time frame has been proven to work.

The pattern, as I have come to see it in "reactive adults" who operate much from the reactive mind and coping mechanisms (where narcissists *only* operate from their reactive mind), is that behind every unwanted and self-looting behavior is a feeling. Beneath that feeling is a need. When we meet that need, rather than focusing on the behavior, we start dealing with the cause rather than the symptom.<sup>1</sup>

Often, we don't even know what the need or needs are that were not met, and if we don't, it is not so important to begin with, not in the context of this video. If we reprogram ourselves, the unmet need or needs will eventually surface, and when they do, we can decide which needs we want to meet ourselves and which ones we want to meet in a friend relationship or a romantic relationship.

So, in summary: when you recognize thoughts in your head that are reactive, and when you realize patterns in your life that are not to your benefit, such as reacting without thinking, leading to that you are doing something you will regret afterwards, step back and reflect. Then, decide that next time it happens, you will stop yourself before you act/react and change the old pattern to something that is more beneficial for you and others.

If you repeat this over and over, you can change a certain pattern within three to four weeks and completely reprogram yourself. Do this with any unwanted behavior and coping mechanism you have brought with you from childhood or adolescence that might have helped you cope then but has become a liability in your adulthood.

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A shout-out and special thanks to my Tier 3 and 4 Patrons, whose support is invaluable so I can continue my work. Here are a few, who have accepted having their names mentioned in this video:

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<sup>1</sup> Ashleigh Warner (see quote on the video screen).

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And here is a list of patrons who have agreed to being mentioned on my screen list—Tier 2 to Tier 4. Thank you for your dedicated contribution. You are all much appreciated!