



# Emotional Survival: Childhood Pain Relived in the Drama of Adult Life

*ROSA CUKIER*

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## **Emotional Survival: Childhood Pain Relived in the Drama of Adult Life** ROSA CUKIER

The relational and emotional needs of babies and small children, when not systematically met, will generate feelings of low self-esteem, shame and humiliation. These feelings will remain at the core of the personality, covered up in various forms, ranging from a hurt child living inside an adult's body or a 'false self' of an apparently successful and narcissistic adult, or even like the complex borderline disorder in case of which the individual pushes away the people they need most. This book presents powerful techniques that can be applied in an intense therapeutic relationship, which help bring into the light this 'ghost-child' and enable reparatory work of the childhood wounds. It is a must-read for all therapists, teachers and relatives of adults and adolescents who struggle with childhood issues of abandonment, abuse and violence.

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