

How to Withdraw Projections

1 ➔ First identify someone which whom you have a strong emotional charge. It can be someone that you have been ruminating on or who always brings up strong emotions when you think of them. List **the qualities** that you think of to describe that person.

Jeannie is rude
(Name) (quality)

2 ➔ Next describe **the feelings** you have around this person:

When I am around Jeannie I feel insecure, nervous and angry.
(name) (feelings)

3 ➔ Then trace your own history around these qualities and feelings back to their possible origins (like family experiences, formative events...)

“Janie reminds me of my Aunt Barbara who never would acknowledge my feelings. Barbara is also brash and direct and always needs attention. I feel the same ways around Barbara that I feel around Janie.”

4 ➔ Now, withdraw the projection. This is the step where we flip the projection around and ask ourselves when we act in the same ways (as the quality) as our projection. As humans we all act certain predictable ways when we feel certain ways. (This is why we can assume that all bullies are insecure. They are trying to feel control externally for the lack of control and overwhelm they feel internally.) You are putting yourself in the other person's shoes and drawing a compassionate connection how we all experience the same human emotions.

When I am rude it is because I am feeling isolated, fear, sad.
(quality) (feelings)

5 ➔ Next look at where you carry these qualities inside yourself? Can you have compassion for yourself for reasons you needed to project the quality?

“Where and in what way am I rude to others? What circumstances would need to be happening for me to act out in a rude way? Can I find compassion for Janie when I realize she must be feeling this way much of the time?”

6 ➔ When you finish withdrawing a projection you often know because the emotional charge shifts. You will be focused on yourself instead of the other person. There are usually tears, as you claim parts of yourself that you have disowned previously. Tears often occur for positive as well as negative projections. For positive projections we welcome back our light and with negative projections we increase our love and compassion for others while owning (our previously unseen) shadow side. The more you heal, the less charge this person will have in your life and you can see them with objectivity and compassion.

Journal a bit about how this exercise was for you: Did you gain any insight? What was it? Did your compassion increase? Could you forgive yourself or another? What dots were you able to connect about the topic? Did you feel like you withdrew the projection? Are there any missing pieces that need to still be claimed? How will life be different once this projection is completely withdrawn?

