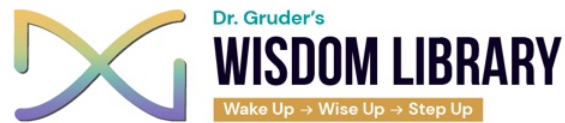


Help Clients Reset Their Relationship Radar: Fantasy Bond Prison Release Keys



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What's Covered

- ✓ Part 1: The Fantasy Bond Defined.
- ✓ Part 2: The Fantasy Bond in Childhood: Development, Function and Architecture.
- ✓ Part 3: The Fantasy Bond in Adulthood: Forms, Function, Architecture, and Impacts.
- ✓ Part 4: Outgrowing Fantasy Bonding: Steps for Undoing the Hijacking of Higher Purpose.

Part 1: The Fantasy Bond Defined

DR. ROBERT FIRESTONE'S ORIGINAL DEFINITION

- An illusion of connection between an infant and its mother that serves as a substitute for the love and care that the infant is missing, and in adulthood transfers to significant figures in one's intimate associations.

DR. GRUDER'S UNDERSTANDING OF THE FANTASY BOND: THE TIES THAT BLIND

- The Fantasy Bond is our best attempt as children to *empower* ourselves to survive disconnection through *manufacturing* hope that things can be different when they can't be. It is the cornerstone of a childhood survival plan that revolves around believing the lifesaving fantasy that there is more love available from those who take care of us than we're getting from them. This births a quest to figure out how to accomplish this Happy Ending Fantasy.
- The Fantasy Bond is an imagined connection – hope for more connection than can actually be had – that saves us from the unbearable pain of seeing that the connection we seek can't be had with someone. It is an imaginary tie that blinds us from recognizing that there will always be less love in a relationship than we need or want there to be.
- The Fantasy Bond is a deep investment in the belief that admiration, love, acceptance, safety, or self-respect can be obtained despite a devastating insufficiency of connection with others.
- The Fantasy Bond saves our lives as children by sparing us from the pain of not experiencing connection, or if not, validation/admiration/self-respect, acceptance, or if not, at least safety... in the forms and amounts we need... so our three core drives (authenticity, connection, and impact) can flourish. Inventing a Fantasy Bond buys us survival until we get old and resourced enough to experience love through being fully Source-aligned, authentic and purposed, and through being in relationship with those who are fully capable of love.
- Because a Fantasy Bond is based on false hope, our plan fails. Yet, by the time we become adults, we've been run by our Survival Plan for so long that it has become automatic and unconscious, and we therefore have come to think that this is who we *are* rather than how we *survived*. What saved us as kids ends up creating personal, relationship and societal suffering as adults, as our childhood Survival Plan morphs into our adulthood Redemption Plan, in which we misuse relationships, achievements, and attachment to specific outcomes with societal issues, to redeem us for having failed to get the love or safety we needed as kids.

Part 2: The Fantasy Bond in Childhood: Survival Plan Development, Function and Architecture

WHY THE FANTASY BOND EMERGES AS CHILDHOOD INTUITIVE GENIUS

We all have life experiences as children that we don't yet know how to digest well (heal the harm + harvest gifts that enable our authenticity, connection, and impact core drives to flourish).

Three things feel like love to us as children: Heart Connection, Validation, Safety.

Even the most well-intentioned caregivers, role models and mentors, often respond to us with disconnection instead of with what feels like love. The four main forms of disconnection are:

1. **Violation:** Others intrude upon or hurt us (verbally, spiritually, physically, sexually, etc.).
2. **Abandonment:** Others leave us alone (go to your room and figure it out for yourself).
3. **Indulgence:** We're not responsible; others and situations are to blame for what happens.
4. **Overwhelm:** Our feelings are too much for others, who steal attention from us by becoming overwrought when we are having difficulties.

If we are disconnected from often enough, especially with life experiences we don't yet know how to digest well, our intuitive genius springs into action to save our life as best it can. We embrace hope that more love is available than there actually is, and we then set out on the first big Hero's Journey of our life: figuring out how to get that love. Our Survival Plan is born.

FANTASY BOND ARCHITECTURE: TWO HOPE FOCUSES

1. **HOPE THROUGH ENGAGEMENT:** I hope I can prove my worth by getting others to love me... or at least to accept, validate, admire, or respect me... or if not, to at least keep me safe. I do this by becoming a premature caregiver/manager or by becoming needy/demanding.
2. **HOPE THROUGH DISENGAGEMENT:** I hope I can prove my worth, or at least create safety, by becoming independent, self-sufficient, retreating into my imagination, and being an achiever.

THE FANTASY BOND'S FOUR BUILDING BLOCKS

1. *False Hope:* The belief there's more hope for connection, validation, or at least safety, than there actually is.
2. *Shame:* The belief that I'm so fundamentally flawed or damaged that the key to getting connection, validation or at least safety, is changing or covering up those parts of me and wearing a mask instead. Shame is a child's version of empowerment.
3. *Control:* The belief that getting connection, validation, or at least safety, requires making things easier or more comfortable for others... or if need be, managing or containing them. This is the birth of over-achieving as an "adultified" child.
4. *Rules:* The belief that by uncovering and following the right rules I will experience connection, or at least validation, or if not, at least safety. This belief births our Inner Critic.

THE COSTS OF USING OUR INTUITIVE GENIUS TO SAVE OUR LIFE AS CHILDREN

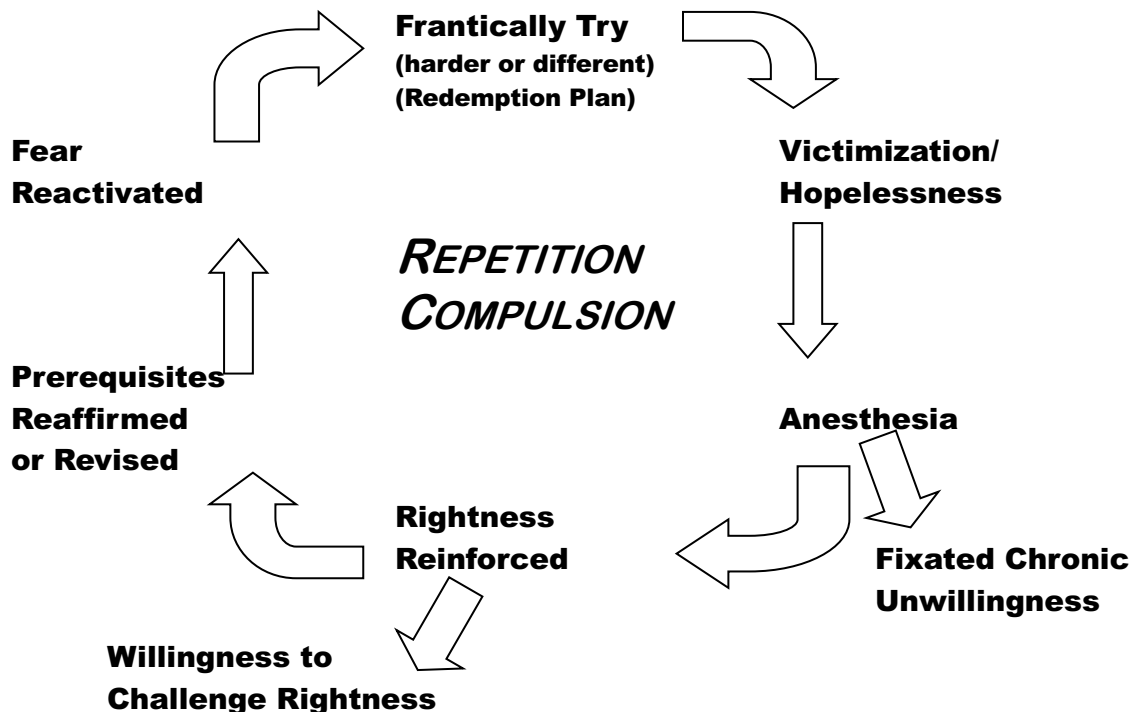
- ☯ *Refocused Purpose:* Our life energy is diverted from living in alignment with our natural inclinations, temperament, and core drives, toward survival. Survival trumps integrity.
- ☯ *ULE Residue Accumulation:* Unresolved trauma, limiting beliefs, and other baggage buildup.
- ☯ *Identity Confusion:* Viewing our Survival Plan as who we are, not as how we saved our life.

Part 3: The Fantasy Bond in Adulthood: Redemption Plan Forms, Function, Architecture, and Impacts

THE PRICE WE PAY FOR REMAINING LOYAL TO OUR FANTASY BOND AS ADULTS

- ☛ The need to prove to ourselves as adults that we do deserve the heart connection, validation, and safety we needed as children despite us having failed to get these things through our childhood Survival Plan. Remaining loyal to this false hope morphs our childhood Survival Plan into an adulthood Redemption Plan.
- ☛ To redeem ourselves, we select people and situations that “hurt just right,” because if we can’t finally succeed at reforming what’s broken we can’t be redeemed. In other words, there’s no redemption if we select people and situations that are psychologically and spiritually healthy and loving. That’s cheating, according to our Redemption Plan.
- ☛ Repetition Compulsion: Frantic ↔ Hopeless “Try-Cycles” to get safety, validation, or connection, through compulsively pursuing self-sufficiency, self-improvement, codependence, achievement, or ideological rightness addiction and crusading.

REPETITION COMPULSION DIAGRAM: FRANTIC ↔ HOPELESS “TRY-CYCLES”



TWO LIBERATING TRUTHS THAT FREE US FROM OUR FANTASY BOND

Liberating Truth #1:

No relationship, accomplishment, possession, body image, self-sufficiency, ideological attachment, or worldly outcome will ever grant you the enduring wellbeing you’re looking for.

Liberating Truth #2:

There are no prerequisites to deserving to be loved.

FIVE COMMON VARIETIES OF ADULTHOOD REDEMPTION PLANS

The “Over-Achiever” Redemption Plan: Accomplishment/Accolades, Self-Sufficiency

HOW I GIVE LOVE: By proving myself through my talents and showing I don’t need others to take care of me. Through doing, producing, accomplishments, and receiving accolades. Through making life more financially, materially, and environmentally more comfortable or exciting, for myself and for those I care about. Through being outwardly successful, or living in a wonderful environment, or having as many amazing adventures as I want.

HOW I RECEIVE LOVE: Through your accolades for my accomplishments and self-sufficiency. By being appreciated for all the opportunities I can give to you through my achievements.

WHAT MAKES ME FEEL REJECTED: Not praising me or not liking how independent I am. Finding out that the fruits of my hard labors are not enough for others to feel loved by me. Being told that someone’s need for connection with me is more important than the worldly benefits I provide through the fruits of my achievements.

SECRET: I feel valuable when others are financially/materially dependent on me because I believe this is the best love I can offer. I believe that intimacy can occur without my healing or vulnerability. I resent how self-neglectful and self-sufficient I must be to prove I deserve love.

GROWTH CHALLENGE: Outgrow my counter-dependence and need to prove myself/bribe others.

The “Co-Dependence” Redemption Plan: Turning People Into Projects

HOW I GIVE LOVE: By giving/helping/bringing out the best in/reforming people I care about.

HOW I RECEIVE LOVE: Through your gratitude that I see your potential like no one else has ever done, and by your responsiveness to the “help” I offer.

WHAT MAKES ME FEEL REJECTED: You feeling manipulated by my attempts to bring out the best in you or to protect you from yourself, telling me you don’t feel I accept you for who you are, and then leaving me.

SECRET: I am burdened by being your hero; I wonder if you’ll ever be able to give back to me.

GROWTH CHALLENGE: Outgrow needing to be the orchestrator of the growth of others and the improvement of situations as a prerequisite for feeling lovable. Stop being a fantasy hero, become transparently vulnerable, and to recognize and receive nurturance offered by others.

The “Narcissist’s” Redemption Plan: Acquiring Devotion & Loyalty

HOW I GIVE LOVE: I get you to need, rely on, and depend on me for your wellbeing.

HOW I RECEIVE LOVE: By never challenging my beliefs, motives, or actions. By protecting me from having to take responsibility for the harmful impacts of my rightness and self-centeredness. By not having to ask for what I need in order for me to get it. By seeing that you’re sacrificing your own wellbeing and dreams so I can pursue mine.

WHAT MAKES ME FEEL REJECTED: You don’t make me feel special enough, or you need more heart, vulnerability, and collaboration from me than I can give without healing my own baggage.

SECRET: I fear my requirements are “too much” for you, that you’ll be disloyal to me, or that my dreams and needs will have to co-exist or synergize with yours.

GROWTH CHALLENGE: Outgrow needing to be right, needing to be the center of attention, and gauging people’s loyalty to me through giving up themselves to support my dreams.

The “Imagination” Redemption Plan: Autism

HOW I GIVE LOVE: By being the holder of the dreams and hopes about how things could be. By being the ultimate voice for intuition, creativity, and spirituality in my relationships.

HOW I RECEIVE LOVE: By being given solitude so I can listen inwardly, dream, tinker, create.

WHAT MAKES ME FEEL REJECTED: Placing demands on me to produce, or to connect with you in deep and consistent ways. You not believing my intuitions. You not feeling nurtured by my creative process and dreams.

SECRET: I fear I am an alien in this world; that I’ll never feel fully accepted by others, that I’ll never figure out how to manifest my inner dreams in the outer world.

GROWTH CHALLENGE: Stop hiding in my cave of dreams, metaphysical escapism, over-intellectualizing, or creativity. Balance my pulls to live in my inner world with my need for connection with others and bringing my inner dreams to outer fruition. Take responsibility for the negative impacts of living too much in my inner cave of imagination and possibilities. Value worldly action as being at least as important as my inner world. Make connection with those I care about at least as important as my inner world.

The “Crusading” Redemption Plan: Requiring Outer Conformity to My Ideology

HOW I GIVE LOVE: By knowing better than others what’s right for individuals, society, humanity, and the planet, and by ensuring that my beliefs and my version of justice prevail.

HOW I RECEIVE LOVE: By others conforming to my ideology, supporting my version of justice, and practicing my version of patriotism.

WHAT MAKES ME FEEL REJECTED: Others questioning the righteousness of my ideology, interfering with my version of justice, or not conforming to my version of patriotism.

SECRET: I won’t know who I am, how the world works, or how to connect with Source, if my ideology is ripped from me. I’ll become unable to function, shrivel up, and die.

GROWTH CHALLENGE: Allow myself to go through a period of not knowing who I am or how to be in the world because my ideology is shown to be inaccurate or incomplete, and because there are multiple legitimate perspectives on problems and solutions. Outgrow depending on the outer world to agree with and adopt my ideology in order for me to feel safe and impactful.

REDEMPTION PLANS DON’T CREATE TRUE LOVE, COLLABORATION, OR FULFILLMENT

All of these Redemption Plan versions are attempts to prove ourselves in ways that will never work. They are attempts to create outer fixes to inner problems, or attempts to establish outer safety from facing inner problems that feel insurmountable. Each is based on a deeply held childhood conviction that there are prerequisites to deserving to feel love because the core of our being is (supposedly) fundamentally unlovable. Each is a plan for fulfilling prerequisites to at last be loved, valid, and safe... or at least to successfully do penance for our alleged unlovability.

Redemption Plans require us to give up parts of ourselves, sacrifice others, or stop growing, in an attempt to prove that we deserve love... while somehow surviving without it. In the end, Redemption Plans require us to live with huge insufficiencies of authentic higher love and wisdom instead of catalyzing our journey toward fuller source-aligned authenticity, connection, and impact. For all of these reasons, ***the Fantasy Bond is a form of bondage and Fantasy Bond Freedom is the hidden holy grail in the pursuit of happiness.***

Part 4: Outgrowing Fantasy Bonding to Undo the Hijacking of Your Higher Purpose – The Deepest Inner Work You’ll Ever Do

WHAT’S NECESSARY FOR SUCCESSFUL FANTASY BOND WORK

- ✓ Superb self-responsibility.
- ✓ Refraining from anesthetizing.
- ✓ A psychologically savvy and nurturing support system.
- ✓ Alone-time activities that deepen your connection with Source (higher love/wisdom).
- ✓ Sufficient time allocated to outgrowing your Fantasy Bond loyalty.
- ✓ Ability to harvest deep gifts from undesired, and even unacceptable, life experiences.

BENEFITS AND RESULTS OF FANTASY BOND HEALING

- Genuine empowerment, self-esteem, contentment, and unpressured Impact Mission.
- Less fear of or tendency to avoid feelings, undigested life experiences, and difficult life challenges.
- Completing incompletes.
- Genuine forgiveness.
- Loss of need to anesthetize.
- Less need to be right, control others and outcomes (healthy acceptance).
- Unpressured relationships with people, situations, and outcomes.
- No longer too afraid of love to become and remain vulnerable and intimate with the right people. No longer too afraid of self-reliance to distance from toxic people.
- Capable of creating and sustaining a durable, residue-free primary love relationship.

FOUR INNER TIPS FOR OUTGROWING YOUR FANTASY BOND LOYALTY SO YOU DEEPEN YOUR CONNECTION AND ALIGNMENT WITH SOURCE

1. Uncover the anatomy of your childhood Survival Plan. Bless the child you were for having been such a magnificent genius that they intuitively invented a Fantasy Bond and enacted a Survival Plan to try to make it come true. Identify the strengths you developed from enacting your childhood Survival Plan that can be used in service of discovering and living your higher purpose, and in actualizing source-aligned expression of your three core drives.
2. Identify the Redemption Plan Style(s) that your Survival Plan morphed into when you became an adult. Identify the strengths you developed from enacting your adulthood Redemption Plan that can be used in service of discovering and living your higher purpose, and in actualizing source-aligned expression of your three core drives.
3. Stop hiding from the most intimidating parts of your Soul Growth Mission. Get the upper hand with your Inner Critic and realign with Source. Face and make it all the way to the other side of your hidden terror as a kid that you’d die if you didn’t invent a Fantasy Bond and construct and remain loyal to a Survival Plan. Digest your still-incompletely-digested life experiences until all that remains from these is the deeply precious gifts they contain. Do whatever you must to fully embrace that there are no prerequisites to deserving to feel love.
4. Uplevel your alignment with your 3 core drives: authenticity, connection, and impact.

NINE OUTER TIPS FOR ENDING REPLAYS OF YOUR REDEMPTION PLAN IN YOUR COMMITTED RELATIONSHIPS: FAMILY, ROMANTIC PARTNER, FRIENDS, WORK

A crucial overlooked characteristic of sustained relationships of any kind is the level of willingness that you and they have to outgrowing your respective Redemption Plans. Here are some tips for outgrowing Redemption Plans together so your relationship becomes more solid and sustainable in the closeness, collaboration, and growth that you co-create together:

1. Develop deep compassion for your struggles and challenges in outgrowing your Redemption Plan style, and consistently show that you care enough about the other person to outgrow your Redemption Plan even if doing so would be disorienting or frightening to either of you.
2. Develop deep compassion for the other person's struggles and challenges in outgrowing their Redemption Plan style, and consistently support them – without attachment – in outgrowing it, even if them doing so would be disorienting or frightening to either of you.
3. Develop your muscles for providing the other person with information about the impacts their Redemption Plan style has on you – without resentment, anger, blame or shame.
4. Develop your muscles to learn from others about the impacts your Redemption Plan style has on them – and your muscles to teach them how to provide this to you without resentment, anger, blame or shame.
5. Adopt a compassionately humorous attitude in your relationship regarding each of your Fantasy Bonds and Redemption Plans: Regularly chuckle with the other person about your respective Redemption Plan styles and about how your styles conspire to be maintained.
6. Support each other in replacing your respective Redemption Plans with ever-deepening Source-aligned expressions of your three core drives (authenticity, connection, and impact).
7. Take responsibility for keeping your own cup filled so you can connect and collaborate with the other person through a state of Source connection, inner centeredness, and happiness.
8. When disconnection occurs between you and another person, focus on disclosing and cleaning up your side of the street and leave it to the other person to clean up their side of the street. Remember that you each have equally valid parts of a larger picture that neither of you will see until after you and they have owned unintended impacts you both have, and have combined the high intentions and deep concerns you both have.
9. Become willing and able to lovingly distance from those who prove unwilling to do all of these things with you – even if the level of distance needed requires ending that relationship.

FANTASY BOND FREEDOM PURIFIES PURPOSE WITHOUT ATTACHMENT

- ♥ The function of a Soul Growth Mission is to free us from Fantasy Bonding, our Redemption Plan, and the faulty learnings we derived from our ULEs (Undigested Life Experiences) that make us susceptible to pursuing Fantasy Bonds to begin with.
- ♥ The function of an Impact Mission is to manifest our calling and purpose without pressure or attachment to the results (that is, without it being infected by Fantasy Bonds), so we can actualize it with joy, grace, ease, love, and non-attachment to results... no matter what the external circumstances might be.

Fantasy Bond Symptoms Checklist

I have this symptom	Fantasy Bond Symptom	Those I'm close with tend to have this symptom
<input type="checkbox"/>	Tendency toward <i>gullibility</i> .	<input type="checkbox"/>
<input type="checkbox"/>	Tendency toward <i>rescuing or caretaking</i> others.	<input type="checkbox"/>
<input type="checkbox"/>	Active <i>Inner Critic</i> (the part of you that regularly criticizes or shames you and/or is regularly blaming or disparaging toward others).	<input type="checkbox"/>
<input type="checkbox"/>	Chronic <i>overachieving</i> .	<input type="checkbox"/>
<input type="checkbox"/>	Chronic <i>underachieving</i> .	<input type="checkbox"/>
<input type="checkbox"/>	Tendency toward " <i>Image Management</i> " (putting on a mask for others because you fear they will see you, or parts of you, as negatively as you secretly see yourself or as negatively as you see those parts of you).	<input type="checkbox"/>
<input type="checkbox"/>	Repetitive " <i>Hope-Victimization Cycles</i> " (believing in someone or something, only to have your hopes betrayed and dashed to the rocks, resulting in you feeling victimized by others and situations).	<input type="checkbox"/>
<input type="checkbox"/>	Repetitive " <i>Closeness-Shutdown Cycles</i> " (finding that no matter how much you want closeness, something always seems to happen that poisons or waters the closeness down when you actually experience deeper connection – a fight, becoming busy with other things, etc.).	<input type="checkbox"/>
<input type="checkbox"/>	Tendency toward <i>compulsiveness or perfectionism</i> .	<input type="checkbox"/>
<input type="checkbox"/>	Tendency to use <i>anesthetics</i> .	<input type="checkbox"/>
<input type="checkbox"/>	Chronically involved with people who have more " <i>potential</i> " than willingness (that is, seeing others in terms of their potential and then feeling betrayed when they behave in accordance with their wounds).	<input type="checkbox"/>
<input type="checkbox"/>	Tendency to turn people into " <i>improvement projects</i> ".	<input type="checkbox"/>
<input type="checkbox"/>	Tendency to hold on to your " <i>rightness</i> " or beliefs, even when those beliefs result in feeling victimized, and losing your feelings of happiness, peacefulness and lovingness.	<input type="checkbox"/>
<input type="checkbox"/>	" <i>Seek but do not find</i> :" a pattern of aspiring toward appealing goals, and then chronically finding that you never achieve them.	<input type="checkbox"/>
<input type="checkbox"/>	" <i>Succeed but do not feel relief</i> :" a pattern of pursuing goals in a pressured way, as though achieving them will bring you love and validation at last, and then finding that when you achieve them you feel a greater sense of self-worth for only a brief time.	<input type="checkbox"/>