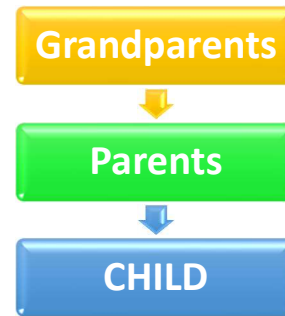


CONSTELLATION SENTENCES

CHILD -> PARENT



- **“I am big you are small”** is used to underline the facts that the issue holder is the child of this constellation and that the parent is just that, the parent. It re-establishes the flow of love from ancestral towards descendants, and puts the brakes on systems where the children are parenting the adults.
- **“you are just a child”** – can be used with sentence above to augment that flow direction, but it can be used on its own to reinforce an acceptance by a previous generation that things are the way they are and that responsibility lies entirely with the older generation, and not with the younger.
- **“none of this has anything to do with you”** – more in the vein and 1 2 and 3 can be used all together or separately. This phrase separates the responsibility clearly from the person who is taking responsibility to where it may belong. Can be used in health constellations or family work
- **“thank you for my life”** very powerful concept in any abandonment issues – often used with 5. It enables the issue holder to stop wanting any more from life than he or she already has. How can you have more than enough? When a glass is full it is full enough.
- **“I got enough”** stops the issue holder from anticipating that life could be perfect as if there were some manual of perfection somewhere and that his or her mother or father would have been like that. The “I got enough” enables a feeling that everything that happened – all the good, and all the bad has made the issue holder exactly like they are, and that since they are trying to be a better person, they got enough to travel from birth to here.

This sentence is very powerful, but engagement is crucial – more than other sentences because if the issue holder is in the place of mental arguments still, they will be saying underneath that they did NOT get enough.

NOTE

Do not use sentences by rote.

They need to arise from the field.

CONSTELLATION SENTENCES

When an adopted child (say) issue holder has started reaching out to a birth parent and maybe you have seen emotions in the participants, this sentence will enable that reaching out to be fulfilled without shame or guilt and a resolution breakthrough will inevitably arise. If they are not ready, and are in an argument about it, you may not get the chance again.

- **“I will deal with what I can, but the rest I leave with you”** – deals with the scenario where a child has inherited more than is appropriate. This sentence will enable the parent to acknowledge they let too much of their own stuff through. It may well be followed up by the child saying that they reject that and hand it back for the ancestors creating a situation where the child becomes the leader in a process of reversing the flow so that the ancestors move into their right place with the children standing in front of their parents with “their backs to the parents – the right place if you will – the place where the flow of love is always towards futures and descendants.

- **“Just take your time”** – Giving space for the flow to happen
- **“Just do it anyway ... just as an experiment** – When there is a reluctance. Allows for possibility

CONSTELLATION SENTENCES
DEAR MOTHER, FATHER
– Releasing The hold that difficult childhood experiences have wrought

	I accept from you everything, all of it, And at the full price you paid for it, And that I too am paying for it.
	I will make something of it, For your pleasure, and in your memory. It shall not have been in vain.
	I will hold onto it and honour it And when I can I will pass it on, as you did.
	I take you as mother/father And you can have me as your child.
	You are the right one, And I am the right child for you
	You are big and I am small. You give and I receive – dear Mother/dear Father
	I am happy that you have chosen Father/Mother, The two of you are the right parents for me. Only you!

Expressing Anger

	I am filled with pain and rage
	I am leaving the responsibility of this abuse with you
	I honour you and your anger. You are big and I am small
	I will gladly carry your anger for you
	I ask you to love Papa as much as I do

CONSTELLATION SENTENCES

	<p>I am like you Angry like you Because of my love for you</p>
	<p>I am cold like you. I am carrying your coldness along with you.</p>
	<p>...and I am also carrying your underlying pain</p>

CHILD TO SUICIDAL PARENT

	<p>I honour you and your pull towards death</p>
	<p>I will do anything for you</p>
	<p>I feel better and stronger than you</p>
	<p>You have given me what is truly essential, and as for the rest, I leave you with the responsibility</p>
	<p>You're the only father/mother for me and will always be</p>

Suicidal Parent to Child

	<p>I take all my own responsibility and carry the consequences</p>
	<p>You are free I am sorry</p>
	<p>You are keeping me alive I need you to keep me alive and that is not right.</p>
	<p>I see your love and honour it</p>
	<p>I will always be there for you I will never ever leave you</p>

From the Living to the Dead

	<p>I honour you and your death</p>
	<p>I give you a place in my heart</p>
	<p>Please, look at me in a friendly way if I remain alive</p>

CONSTELLATION SENTENCES

MEN and WOMEN



Removing the barriers to being a husband or a wife

Everyone carries their own fate

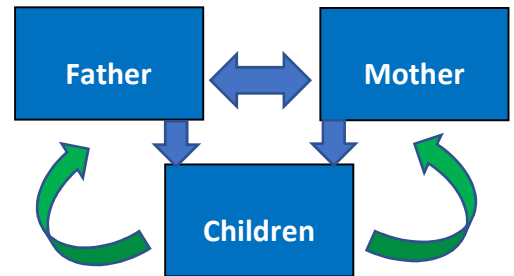
Husband and wife to each other	I take you as my wife/my husband With everything that belongs to you
	I chose you as my wife/husband, And I got you as my wife/husband
	I am only your husband/wife Nothing more
	I take responsibility for my choice and bear the consequences
	I take responsibility for feeling like a victim
	I do this as those before me have done
	There is some way in which we suit each other
<i>Not appropriate</i>	<i>I'll carry it with you</i>
Everyone carries their own fate	I honour you and what you have to carry
Only in relation to children or shared experiences	We'll carry this together
Acknowledging the different values in each other	You are a man/woman exactly like all the others

CONSTELLATION SENTENCES

Standing in the line of men/women	I am a man/woman, And like all men/women and that connects me with many men/women
	You're only a woman/man of great many
	I am carrying anger/frustration/pain that comes from my family It has nothing to do with you But you bear the brunt anyway
Parents to each other	I love our children, I love you and respect you.
Parents of a handicapped or deceased child to each other	We will bear this together – with love.
Husband to his wife who has died giving birth to their child	My love for you remains; And in remembrance of you, I will take care of our child.
Husband, suffering from terminal illness to his wife	I entrust our children to you – With love
Second wife to the divorced first wife	You are the first, I am the second.
Second wife to deceased first wife	I will take on your children – Out of love for you.
Man and Woman to each other at their separation	I accept what you have given me. It was a great deal. I will take it with me and honour it always. For what went wrong between us, I accept my part of the responsibility, and leave you with your part. And now I leave in peace.

CONSTELLATION SENTENCES

PARENTS and CHILDREN



Removing unwanted blockages to the soul that have occurred during childhood

Child to father and mother, bowing to them deeply	I honour you.
Son to his mother, who died giving birth to him	Dear mother, Please bless me.
Son, wanting to follow his father, who left (died in prison)	I will not let go unless you bless me.
Son to his father who became culpable in the war	Father, I let your war go, Whatever your fate and your guilt.
Terminally ill son/daughter to his/her father/mother, while still unable to bow before him/her.	Please give me time.
Child to father/mother who committed suicide	I bow to your decision and to your fate. You will always remain my father/mother, And I will always remain your child.
Son/daughter of an alcoholic father/mother	Mother/Father I will respect my father/mother, Just like I respect you
Daughter, whom the father identifies with his former wife/1 st love, to the father as she points to her mother	She is my mother, and I am her daughter. She is the only right mother for me. I have nothing to do with the other woman.
This same daughter to her mother	You are my mother, And I am your daughter. You are the right mother for me.

CONSTELLATION SENTENCES

	I have nothing to do with my Father's previous wife/1 st love.
Son, whom the mother identifies with her former husband/1 st love, to his mother as he points to his father. The same son to his father	He is my father and I am his son. Only he is the right father for me. I have nothing to do with the other man. You are my father and I am your son. You are the right father for me. I have nothing to do with my mother's previous husband/1 st love.
Son to his mother, when she speaks disparagingly about his father	He is my father And, I am his son
Daughter to her father, when he speaks disparagingly about her mother.	She is my mother And, I am her daughter
Son to his father, when he is afraid of becoming like him.	Look, I have become just like you And I am content with that.
Daughter to her mother, when she is afraid of becoming like her.	Look, I have become just like you And I am content with that.
Child to parents upon growing up and leaving	I accept what you have given me. It was a great deal, and it was enough. The rest I will do myself. And now I will leave you in peace.
Parents to child who died	We gladly gave you life, And gladly did for you everything we did. We let you go now, in peace. Yet for us you will always remain our child And we your parents.
Father to son who killed himself	I hold for you a place in my heart. You will always remain my son And I your father.
Child to father who killed himself	I respect your fate and your decision. You should know that things have worked out well. And now you can have your peace
Daughter to father, whom she found dead, having killed himself	Dear Father, Within me you are still alive,

CONSTELLATION SENTENCES

	And within me you are doing well I will let you participate in what I do
Mother to her son, who died in an accident, and for whom she still grieves	I respect your life And your death
Daughter to her father when she was little	Dear Father, You are still here within me

Giving and Receiving

Mother to her son/daughter at whose birth she became ill	I was glad to give you life Even at this price. You may keep the gift – It will make me happy
Child to parents, who married for the child's sake and are unhappy	Whatever the blame or guilt may be between you – I accept whatever you gave me in love.
Child to mother who was injured in the birth process	Dear Mother, as you have paid such a heavy price for my life, It shall not be in vain
Woman/Man to her/his mother who died at childbirth	Mother, dear Mother This was really terrible <i>And pointing to her family</i> Look, life has continued in a good way. I am passing on what you have given to me.
Child to mother who gave up child for adoption	Mother, If it relieves you of a burden I will carry it willingly
Adopted child on seeing the mother again	I am happy that you gave birth to me.

CONSTELLATION SENTENCES

For children allowing parents the freedom to leave the system without it affecting them (too much)

Child to parents, seeing that one of them want to leave or die	Dear Father/Dear Mother Even though you may leave, I will stay. I will always honour you. You will always remain my father/mother.
Child to someone in the family to whom the child wants to say "I would rather die than you".	Dear Father/Dear Mother Please bless me, even though you are leaving and I am staying
Child to deceased family members, when the child does not dare to live because they are dead	Dear Father/Dear Mother/ Dear Brother/Sister/Uncle/Aunt You are dead. I will live a little longer, Then I will die also OR I will complete what has been given to me, As long as it lasts. Then too I will die.

Mother who wanted to die, to her little daughter, who had fallen ill	I will stay – And I will be happy if you also stay
Woman to her great-grandmother who died in childbirth	Please be friendly if I stay With my husband and my child
Anorexic daughter to her father, who wants to leave And to her mother	Dear father, even if you leave – I will stay. I will stay with Mother. Mother, even if father leaves, I will stay.
Bulimic girl, for whom eating means wanting to live and purging means wanting to die – to her father	Father, I am staying. I like what I get to each with you. I accept it gladly from you.
Compulsive gambler to his grandfather and father, seeing that he wants to follow them into death	I would rather gamble my money away than my life

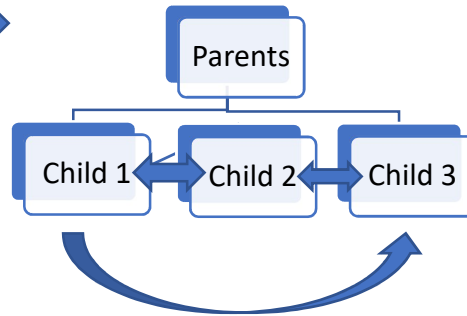
CONSTELLATION SENTENCES

SOLVING – Honouring the state of fact, and enabling the movement away from holding to past hurt.

Father to his son, who holds him in contempt	Listen, my son, I am your Father, And you are my son.
Father heavily disabled from the war, to his daughter, who wants to take on his suffering.	I will bear it myself. As far as I am concerned, You are free.
Child to parents who mistreated the child	It was terrible. Nevertheless, I will make something with my life.
Husband to his wife who was abused as a child	Allow yourself to love them. Then you are free.
When someone has made a mistake, and suffers from it	I made a mistake, And now I accept the consequences
Daughter to a mother who told her she is a whore	I am - A little bit
Woman who wants to object immediately when someone says something unfair	There is something in that

CONSTELLATION SENTENCES

SIBLINGS



Issues that have arisen between siblings

Woman/Man to older sister/brother who took care of her/him as a child	I know what you gave me. I respect that And it accompanies me.
Woman to her brother, whom she feels may not be a good father to his son	For him, You are the best father.
Man, to his sister, whom he feels may not be a good mother to her children	For them, You are the best mother.
Man, to his older brother who died early	I respect you as my big brother You are the first and I am the second
Woman to her older sibling who died early	I respect you as my big brother/sister You are the first and I am the second
Woman/Man to an older brother/sister for whose guilt she/he is atoning	I respect your fate And I remain with mine.

CONSTELLATION SENTENCES

Some important considerations

- There is more power in a short, clear sentence
- A few dear words make a point better than too many. Long, complicated sentences lose strength, and representatives are often confused by them.
 - "I am angry with you."
 - "I criticize you for having abandoned me."
 - "I won't carry this for you." (Not: "Actually, I don't want to carry this for you.")
- Simple words instead of jargon
 - Jargon diminishes direct experience.
 - "I feel like you and I am also carrying it." (Not: "I am identified with you.")
 - "I am ticked-off at you." (Not: "I am feeling aggressive.")
 - "I'm crazy." (Not: "I'm schizophrenic.")
- 'I' statements instead of 'You' statements / when a representative is pushing responsibility on to someone else, it is often helpful to re-formulate sentences so that more responsibility remains with the person.
 - "I feel very hurt." (Not: "You hurt me.")
 - "I feel crushed." (Not: "You are crushing me.")
- Reversing statements
 - Astoundingly, many very strong, emotional statements turn out to be just as true or even more valid when they are reversed. It is worth wording the reverse as a test statement to check it out.
 - "*You frighten me.*" The reverse: "I frighten you."
 - "*You make me feel like a fool.*" The reverse: "I make you feel like a fool."
 - "*You are full of anger.*" The reverse: "I am full of anger."
 - Father: "*The children look very guilty.*" The reverse: "I feel guilty."
- Formulate neutral sentences so that responsibility is clearly taken. It is always helpful to have responsibility expressly stated.
 - "*That doesn't really touch me.*" Better: "*I am not allowing that to touch me.*"
 - "*If's all the same to me.*" Better: "*I am blocking off all my feelings.*"
- 'Won't' instead of 'can't'
 - Someone saying that they *can't* presents them as a victim of circumstance. Stating that they *won't* do something indicates taking responsibility for a reluctance to act.
 - Child to mother: "*I can't bow down before you.*" Reformulated "I won't bow down before you."
 - Husband to wife, whom he has hurt: "*I can't blame myself.*" Reformulated: "I won't blame myself."

CONSTELLATION SENTENCES

- Using the word 'but'

"There's a bit of warmth there, but I'm still feeling indifferent."
Better: "I'm feeling indifferent, but yet, there's a bit of warmth there."
"I thank you for my life, but I'm still dissatisfied." Better: "I'm still dissatisfied, but I thank you for my life."
- Sentences in portions
There's a positive effect from breaking sentences into small parts. I suggest the first portion of the sentence and allow the representative to repeat that much, then I continue with the second part. If I state the entire formulation all at once, it is more likely to raise objections, because it is too much to accept all at once. When I speak a sentence in small bits, the first part has an effect and it makes the second part easier to take.

"I will carry that for you ... (pause)... out of love."
"I do the same things you do ... (pause) ... because I'm your child."
"I'll live ... (pause) ... a bit longer ... (pause) ... then I'll come, too."
- Stating opposites together
It makes sense to leave opposites together without resolving them. This is a technique I use when the energies or feelings contradict the natural orders. With the second half comes the reminder of the orders.

"I am strong - and weak."
- Adding "and yet" or "even though" can strengthen the second half.

Child to father: "I don't want anything to do with you ...(pause) ... and yet I am connected to you."
Grandchild to grandmother: "I feel just as big as you ... (pause) ... even though you are the big one and I am small."
- The word "but" in this case would weaken the first part of the sentence which is not necessarily appropriate.

Not: "I feel just as big as you ... (pause) ... but you are the big one and I am small."
- Accepting resistance
Sometimes it seems that there is too much resistance to allow an acceptance of reality. In such situations, it has proven useful to accept the resistance and bring it in as an introduction to a reality sentence. This often helps the person partially express the reality, which is a step towards acceptance of it.

"I refuse to say that..."
"Even though I don't want to accept it ..."
"Even though it's unbearable for me ..."
"Even though it seems to me to be a lie ... "

CONSTELLATION SENTENCES

➤ Provocative sentences

Sometimes a statement which directly opposes the natural orders provokes a positive energy. Such a sentence may provoke a reaction that rejects the sentence.

The indifferent husband might say,

"I'm absolutely not angry in the least."

A mother facing her child feels weak and seems content to let the child carry the whole burden. She is given the provocative sentence:

"Although I am the big one and you are small, it is right for you to carry this for me."

➤ Indicating possible underlying feelings

When I imply that there are hidden feelings underlying the external feelings - which is usually the case - representatives may gain access to these feelings more easily.

"There's more than the funny side."

"I'm angry - on the surface."

"I'm totally indifferent - and I don't want to feel what else might be there."

➤ Negative statements

Whenever I say something in the negative, I am creating a picture of the opposite at the same time.

A woman says to her husband:

"I am neither your mother nor your child. And you are not my father and not my child. You are only my husband, and I am only your wife."

The images of the parents created in this way allow what had been a conglomerate to be sorted out into separate pictures.

➤ Accentuating the bit of positive available

Attention to something nourishes it. When I notice what is positive in a statement and give it my attention in a reformulation, it is strengthened.

A father says to his child:

"I can hardly see you." The reformulation:

"I'm beginning to see you."

A woman says to her husband:

"There is hardly any love there." The reformulation:

"I feel a tiny bit of love."

A woman says to her husband who has expressed some warmth:

"I feel something, but my mind can't let it in." The reformulation:

"My head isn't willing - my heart is."

➤ Opening a door with the words 'not yet'

The words 'not yet' imply that the future is potentially more positive.

"My heart is willing. My head isn't willing." More positively stated:

"My heart is willing. My head isn't willing yet."

"Even though I feel your love, I can't take it in." More positively:

CONSTELLATION SENTENCES

"Even though I feel your love, I can't yet take it in."

A child to a parent:

"I can't bow down to you, yet."

➤ Making wishes out of complaints

Here too, attention to the positives underlying the complaint has a positive effect.

A man says to his wife,

"It's a pity you're not here at my side." The reformulation:

"I wish you were here at my side as my wife."

A woman says to her husband:

"This isn't a real relationship." The reformulation:

"I wish I were closer to you."

➤ Accentuating similarities

In a conflict situation, when similarities between those involved are identified and named, it has the effect of reducing the tension. Similarity is a source of strength for reconciliation.

A daughter feels cold and rejecting towards her mother. The mother also feels very cool towards her daughter. When the grandmother's representative is added, the mother feels ill at ease with her own mother. The similarity is identified by the mother saying to her daughter,

"You feel about me the way I felt about my mother."

A man and his wife face each other irreconcilably. The man says,

"I am just as angry as you. We are very similar."