

PROJECTION: FREQUENTLY ASKED QUESTIONS

1. WHAT IS PROJECTION? A tool that helps us get to know and relate with authenticity to ourselves, others, and to Jesus.
2. HOW DO WE KNOW WHEN WE ARE PROJECTING? Signs of projection are emotional and physical reactivity, intensity, or exaggeration in response to another.
3. DO WE ONLY PROJECT WHAT WE DON'T LIKE? No, we project what we admire and are attracted to. POSITIVE PROJECTION may come into play when we put people on a pedestal, make them our idols or heroes. We may think they can "do no wrong". We exaggerate their gifts, the very talents we have not yet uncovered in ourselves.
4. WHAT IS A HOOK? The hook is the quality that evokes our intensity. In reality, the person on whom we project does have the trait (to some degree) that we are reacting to. But our intensity (the hallmark of projection) arises when we are not conscious that we have the same trait in ourselves.
4. WHY DO PEOPLE PROJECT? We disown what we don't like in ourselves, and we exaggerate abilities in others that we have not yet discovered in ourselves.
5. WHY BOTHER NOTICING PROJECTION? As we embrace projections, we can grow more compassionate in our relationships with self, others, and God.
6. WHAT IS THE PROCESS IN WORKING WITH PROJECTIONS?
 1. NOTICE our intensity in what attracts or repels us in people and situations.
 2. NAME the feeling and situation.
 3. OWN what is being triggered in ourselves and embrace it.
7. HOW CAN I WORK WITH PROJECTIONS IN MY SPIRITUAL LIFE?
 - a. Ask Jesus for protection and guidance.
 - b. Find a safe relationship to share what is evoked from the inner work.
 - c. Keep a journal. Record the date, situation, feeling. Notice patterns.
 - d. Notice and list what attracts or repels you about a person or situation.
 - e. In your journal, dialogue with the intense person or situation.
 - f. Find and display images that evoke the same intensity the projection has.
 - g. Paint or draw the projection, capture the intensity.
 - h. Write poetry which evokes the feelings or situation.
 - i. Embrace the process; do not judge or have expectations.
 - j. Record your dreams. Notice intense figures or situations that keep coming.
 - k. Use symbols to keep the intensity in your awareness.
 - l. Thank God for the process.

"Truly you have formed my inmost being; you knit me in my mother's womb. I give you thanks that I am fearfully, wonderfully made. Wonderful are your works. My soul also you knew full well." Psalm 139: 13-14