

Why Children Slam Doors

As we grow, we make decisions that disappear into the unconscious until we don't even remember we made a decision. As children, we were encouraged to play make-believe. What we were actually doing was making beliefs: judging, drawing conclusions, deciding good and bad and right and wrong. We were creating our own mythology. This phenomenon is evident in the skills we term "automatic" and in "body memory" once they are learned -- such as driving a car. When you learned to drive, you did so carefully and methodically; after a time, the activity became automatic and even unconscious once it became very familiar.



It is important to not only recognize this phenomenon, but also to realize the process involved in the creation of automatic behavior. Let us look at the interaction of children with doors as a good example.

When a child learns to close a door, a deliberate process of interaction is established and the child creates a relationship with each door separately, many doors being different. Some doors, such as those with springs, require a lot of force to open but none to close. Some doors require no force at all, like automatic doors. So the relationship with each door is distinct.

As the child grows, the relationship with each door changes but the child usually does not notice this happening. How to open or close a certain door is stored on a cellular level. As the child grows he continues to access the same cellular memory and continues with his stronger arm to close the same door with the same degree of force that he always used. This leads to a lot of slamming of doors – to which any parent can attest.

The unbelievable reluctance or unwillingness to re-evaluate the relationship to each door is a perfect example of actions governed by body memory. The child knows how to close a door - so unconsciously he almost refuses to re-learn the process. The pattern of closing doors *must* be relearned, yet no re-evaluation occurs until the parent demands a change.

This is a perfect example of any pattern or unconscious behavioral control. It is seemingly impossible to casually change such patterns. Often, in an attempt to create a different result, the individual works harder at his non-working behavior. This would be like a pianist practicing a piece of music every day without correcting any misplayed notes! The sound created would still have the disharmonies, regardless of the good intention or expectations of the diligently practicing pianist.

To learn how to discover your own childhood vows, please consider the multi-media course based on the teachings and healing work of David W. Sohn, [Discover Your Childhood Vows, Change Your Life!](#)