

## **Baggage/Transference**

Draft of some basic information for discussion 12/12/17

### ***Some basic definitions***

“Baggage” refers to things we carry with us from the past, such as unforgiveness.

“Transference” can include placing some of that baggage from the past onto people or relationships in the present.

### ***Sources or causes of baggage:***

Family of origin/early childhood experiences

Teenage experiences

Friction (such as disagreements, arguments, conflicts) with others through life

Legal actions such as indictments, convictions, etc.

Traumatic situations/stress in wartime, family breakup, divorce, accidents, death

### ***Additional comments:***

Baggage/Transference (B/T) is more common than we may realize

The baggage can take the form of painful memories, emotional recollections, resentments, bitterness and more

Can involve transferring the impact of that baggage onto another person, sometimes seeking to, or actually treating, another person as though they were responsible for the baggage

Counselors started noticing that some patients were transferring baggage to them

Can be affecting life unconsciously or consciously

Can be poisonous for relationships

A spouse or close friend or a co-worker can be “convenient” to dump on

### ***Transference of the baggage can be “triggered” in various ways***

A person who reminds of the original source or cause

A situation or place that reminds of the original source or cause

### ***To overcome the damaging effects of baggage/transference:***

Remember that God has forgiven you much

Ask God for help to practice forgiveness and release (Pardon)

Forgive those who have caused the baggage in the past

Forgive those who have transferred baggage to you

Become aware of when you may be carrying baggage and/or transferring it to others

Remember that it takes time to heal

Meditate on these Scriptures: Nehemiah 9:17b, Psalm 51:1-2, Psalm 130:3-4,

Isaiah 55:7, Matthew 18:21-22 and Colossians 3:13

### ***Discussion questions:***

Have you experienced baggage/transference?

Were you carrying baggage? Were you aware that you were transferring it to others?

Have you made progress in overcoming this? How?

Have you had baggage transferred to you? How have you dealt with it?

What will you commit to do?