

Thoughts on the Wurm

These thoughts on The Wurm fairy tale will be helpful in assisting clients in more fully understanding the metaphorical/symbolic aspects of the fairy tale.

Shame is a “core” feeling that you are unworthy of love, of being wanted, of finding a place to belong in the world.

The Wurm represents the shame that builds up over the years when one feels unwanted, unloved, like they don’t belong or fit in.

It is important to assist clients in understanding that living in shame builds up anger and resentment and just like the Wurm, the anger/resentment can turn into the need to lash out and hurt others who may have what you want. This is how shame turns into offending behavior.

The woman who ends up spending the night with the Wurm represents the part of the client who engages in treatment and who does the work. She is able to spend the night with the Wurm because she goes after the job with the right intentions in her heart. The other women just show up for the reward. If you just try to get through treatment in order to get out, then it won’t work. If you have the right intentions in treatment – working to know who you are, to change on a core level, to become a better person – then transformation occurs.

The 11 wedding shirts can represent the work done on the matrix factors which creates change and transformation.

The Warrior is not beautiful. He is not perfect however, he has dignity. He represents a man who has worked hard. His inner self is like the woman who took the time to weave the wedding shirts, consult others, and work hard to accomplish a difficult task. He no longer is controlled by his shame. He no longer lets his shame turn into offending behavior.