

Three Entities of Self—"Who's Driving Your Bus!"

Inner Child



- Has Our Feelings (You will not always know "why" you feel the way you do.)
- Creative Ideas
- Confused thoughts/fantasy
- Kids will lie
- Kids are open to HP/God speaks to our child
- Born this way, True Self, Authentic Self
- Perfectly Imperfect

Critical Parent



- Internalized parts of parents, family teachers, church, society, "Authority Figures"
- Judgmental, "Why do you feel like that?"
- Shaming, "Don't feel that way!"
- Critical voice in our head
- False Self, operates from the 14 survival "Laundry" List traits and the 4 flawed modes of thinking
- Reactor
- Operates from "Personality"
- *Worker Bee*

Healthy Adult



- In Recovery, Teachable and Responsible
- *Accepts feelings of the inner child
- *Stands up and confronts critical parent when judging or shaming inner child
- Actor
- Witness/Observer
- Operates from "Principles"
- "Mindfulness Practice"
- "When we release our parents from responsibility for our actions today we become free to make healthful decisions as actors, not reactors."



4 PART STATEMENT (ALWAYS AN "I" STATEMENT)

- Good to use when emotionally dysregulated
or
Broaching a sensitive topic.
- Ask the person if they are willing to listen.
- Remember Love!
Either love of self - That I am willing to act healthy
or
That I love the other person.

ACTION STEPS

1. Observable facts.
(What I saw or heard)
 2. What I made up about it.
(The story my critical parent makes up due to my history)
 3. What I feel.
("I feel sad" etc.)
 4. What I would like in the future.
- Let go of the results.
Acceptance - I have acted and done
what I can in a healthy way.