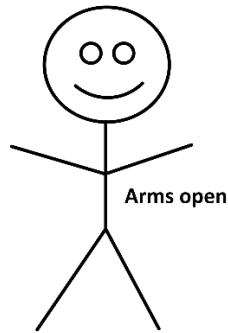


Three Entities of Self – “Who’s Driving Your Bus!”

Inner Child



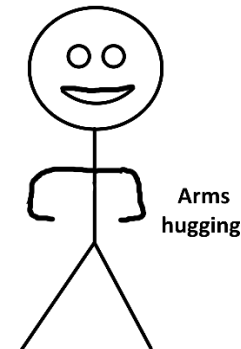
- Has our feelings
- Creative Ideas
- Confused thoughts/fantasy
- Kids will lie
- Kids are open to HP/God speaks to our child
- Born this way, True Self, Authentic Self
- Perfectly Imperfect

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”
- BBF – Big Boney Finger!

Healthy Adult – Loving Parent



- 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.”



Healthy Adult/Loving Parent Behaviors

- Serenity Prayer
- Accept Feelings
- Confront Critical Parent Voice
- 7th Step Anytime – Powerful!
- Round Table Discussions
- “Who is this voice?” Name it – Mom, Dad, Grand Father,...
- Mirror Work
- Gratitude List
- 3rd Step Prayer – Morning
- 10th Step Prayer - Night