HEALTHY INNER DIALOGUE!

UNCONSCIOUS ADULT

Sees with distortion and reacts poorly.



CONSCIOUS ADULT*

Sees the truth and responds wisely.

Negative Ego

Distorts truth, fear driven, mean, resentful, destructive & shaming. "You're worthless and pathetic."



Positive Ego

Truth and clarity. "You matter and have value just as you are."

Wounded Child

Needy, pouty, tries to please.
"My needs are not being met and it's not fair."



Healthy Child



Creative, innocent, free, playful & curious. "My needs are met, and I have enough."

Wounded Adolescent

Dramatic, punishing, refuses help, performs & rebels. "I'm not good enough or doing enough."



Healthy Adolescent



Energetic, hopeful & passionate. "I belong, I'm doing well & I'm excited about my future."

Indulgent Parent

Apathetic, enables, and sets low standards. "It doesn't matter anyway", "No worries!"



Nurturing Parent

Nurturing Parent - Facilitator (Motivates, Inspires). Always tells the truth (grim or great) from a place of love! This voice is compassionate and wise. It's your personal 24/7 on-call source of wisdom and guidance. The Nurturing Parent heals old wounds and inspires healthy change and growth.

Critical Parent

Critical, shaming, judgmental, demanding and controlling. "You should / shouldn't", "You're stupid", "What's wrong with you."



SKILL BUILDING:

Unconscious Adult

Turn up the volume on the self-defeating voices of your Unconscious Adult. Each of their stories while may sound rational and may even offer valuable insight, their messages create mental obstacles and are distorted and misguided!

Conscious Adulthood

Now turn up the volume on your Conscious Adult, the synergy of your Positive Ego, Healthy Child, Healthy Adolescent, and Nurturing Parent. Listen to their life-affirming messages. How would you describe the energy of these messages. Your Nurturing Parent helps us process our thoughts and emotions and guides us to become our most conscious adult self. The goal is to have your conscious adult in the driver's seat of your life rather than your Unconscious Adult!

REFLECTION PROMPTS:

What are the main messages of your Unconscious Adult?

These messages typically focus on telling us that we are NOT ENOUGH and/or we are TOO MUCH .
Consider the messages you heard from those well-intentioned adults when you were young.
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What are the main messages of your Conscious Adult - Nurturing Parent?
Consider what you would tell yourself if you were being your best friend?
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Identify strategies and/or practices for becoming more aware of your Unconscious Adult:
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Identify strategies and/or practices for fortifying and/or returning to your Conscious Adult:
✓
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