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# **SELF PARENTING**

**THE COMPLETE GUIDE TO  
YOUR INNER  
CONVERSATIONS**

John K. Pollard, III

Illustrations by Linda Nusbaum

Generic Human Studies Publishing

Long Beach, California

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## PUBLISHER'S NOTE

The ideas, procedures, and suggestions contained in this book are not intended as a substitute for consulting with your physician. For matters regarding your mental health, seek professional supervision.

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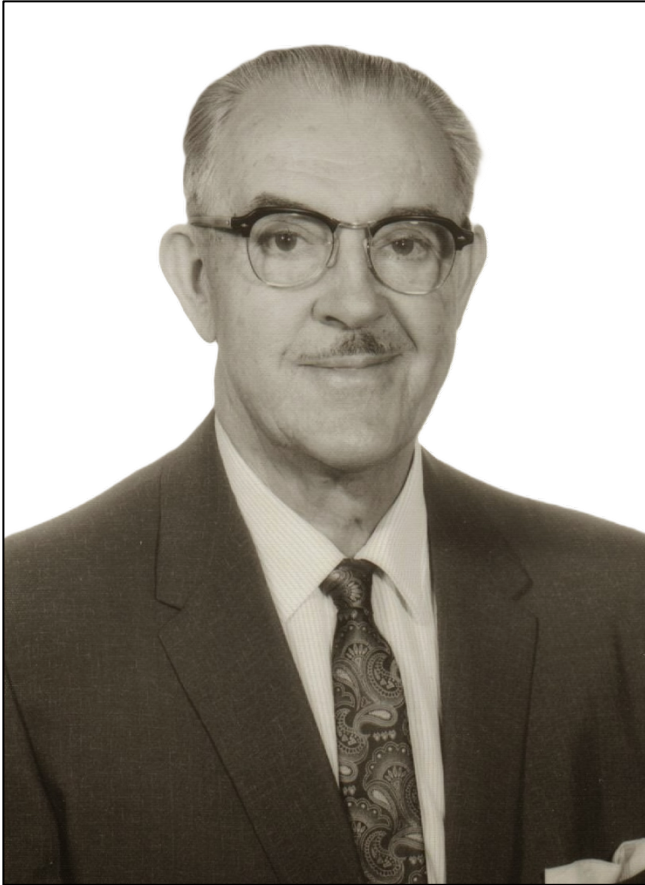
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## DEDICATION

This book is dedicated to the memory and works of

**Max Freedom Long.**



It is my sincere desire that ***SELF-Parenting*** will inspire and teach others as much as his amazing discoveries have inspired, and continue to inspire, me.

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## Foreword to the Millennial Edition

Dear Reader,

In the journey of self-discovery, phrases like "be kind to yourself," "forgive yourself," and "be gentle with yourself" are often heard. Have you ever wondered, as I did, how to implement these ideas? Which part of you is responsible for forgiveness or gentleness?

The *SELF-PARENTING Program*<sup>®</sup> identifies two distinct parts of our Inner Conversations—the Inner Parent voice and the Inner Child voice. Each voice has its own personality along with fears, hopes, and dreams. Unfortunately, in life, one of these voices often gets its needs met at the expense of the other, leading to a constant struggle for balance and inner peace.

What is happening inside your mind is that your Inner Parent is parenting your Inner Child, in the same way you were parented growing up. If that was mostly positive, your SELF-Parenting will be mostly positive. If it was mainly negative, your SELF-Parenting will also be mainly negative.

Daily Self-Parenting sessions nurture this internal relationship, which is as real and important as any outer connection.

As the Inner Parent, the love, energy, and support you dedicate to your "Inner Child" significantly influences the quality of your inner happiness. As the Inner Child, the way you feel on a daily basis is how most people judge their happiness.

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This book serves as your starting point by explaining all the details and procedures of Self-Parenting. Updated for the new millennium, it offers comprehensive instructions to guide your daily half-hour sessions of positive Self-Parenting.

As you embark on the methods outlined in this book, I encourage you to explore the website for additional information on building a positive ongoing relationship between your Inner Parent and Inner Child. Working together, you can achieve balance, harmony, and personal fulfillment in your life.

Since its inception in 1987, the **SELF-PARENTING Program**<sup>®</sup> has provided support to countless individuals. From beginners to advanced practitioners, our commitment has been unwavering. Special thanks to Dennis Gottlieb for launching the informative and ad-free website, **[www.selfparenting.com](http://www.selfparenting.com)**, as an additional resource for your support.

If you require assistance on your journey, please don't hesitate to reach out.

Warm regards,

John K. Pollard, III

<http://www.selfparenting.com>

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# INTRODUCTION

Each of us Self-Parents within our mind all the time.

We may not be aware of it, but this doesn't change the fact that we do. Self-Parenting is a natural component of our thoughts, emotions, and behaviors in life. We make Self-Parenting decisions every day that reflect the way our Inner Parent and Inner Child voices combine within our mind to interact with our outer environment. By becoming more aware of the way we Self-Parent within our Inner Conversations, we can start to make conscious choices in our lives rather than acting unconsciously by default.

***SELF-PARENTING: The Complete Guide to Your Inner Conversations*** is divided into three parts to help you understand the fundamental concepts of positive Self-Parenting.

**Part One** introduces you to your Inner Conversations. These four chapters describe in detail the voices of the Inner Parent and the Inner Child as well as demonstrate how these voices interact within the Inner Conversations of your mind. Becoming aware of your Inner Conversations initiates Level One, or intellectual, understanding of the Self-Parenting process.

**Part Two** introduces you to Inner Conflicts. Inner Conflicts occur between the needs of your Inner Parent and Inner Child within your Inner Conversations. Practical examples show you how to resolve Inner Conflicts with the positive Win/Win solution. Experiencing the source of your Inner Conflicts initiates Level Two, or emotional, understanding of the Self-Parenting process.

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**Part Three** introduces you to the Self-Parenting Exercises. By practicing thirty-minute sessions in the prescribed manner, you will experience many positive benefits in your life. Designed as a workbook, this section provides many examples and practical ways to facilitate Self-Parenting in the “real world.” Learning and practicing the half-hour sessions initiates Level Three, or practical, understanding of the Self-Parenting process.

As each section builds on the previous section, it is recommended that time and care be taken to thoroughly understand each section of ***SELF-PARENTING***: before going to the next. In this way your Self-Parenting sessions will have their greatest opportunity for success.

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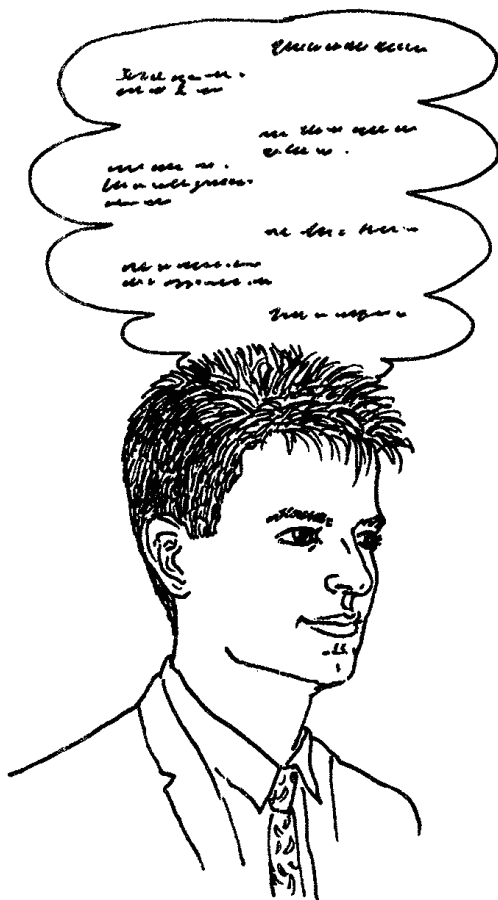
# PART I

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## YOUR “INNER CONVERSATIONS”

- 1 Have You Ever Heard a Conversation  
in Your Mind?.....3
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**1** | HAVE YOU EVER  
HEARD A  
CONVERSATION  
IN YOUR MIND?

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## **Have you ever heard a conversation in your mind?**

If you think you have, think you haven't, or if you are saying to yourself right now:

**“Well, I’m not sure if I ever  
have heard a conversation in  
my mind...”**

...then stop, take a minute, and listen; you might just be hearing an internal dialogue that sounds something like this:

---

## INNER CONVERSATION: (While reading this book.)

**A:** “Me? A conversation in my mind?  
What does that mean?”

**B:** “I don’t know but I don’t  
think I should be having  
conversations in my mind.”

**A:** “Maybe it’s when you hear voices.”

**B:** “No way! I can’t tell anybody  
that I hear voices in my head.  
They will think I’m crazy.”

**A:** “Well, maybe, but there is some kind  
of conversation going on in there. I  
think a lot.”

**B:** “I don’t know. Maybe  
once I talked to myself.”

**A:** “I think I do hear conversations in my  
mind, come to think of it.”

**B:** “Yeah, I guess you could say that.”

**A:** “What kind of book is this anyway?”

**B:** “I don’t know, but I  
want to find out.”

**A:** “Me too.”

**B:** “So, let’s keep reading  
and see what happens.”

**A:** “Okay!”

---

Inside your mind you  
have conversations  
going on all the time.

They are very **deep**, very **subtle**, and the exchanges happen very quickly. Inner Conversations occur much more quickly than ordinary “outer conversations” between two people.

**At first, when introduced to the** concept of your Inner Conversations, you may not believe they even exist. This is because they take place below the surface level of your awareness.

Once you become aware of them however, you will start to hear many of the louder Inner Conversations going on all the time. After a short period your Inner Conversations will become very familiar to you.

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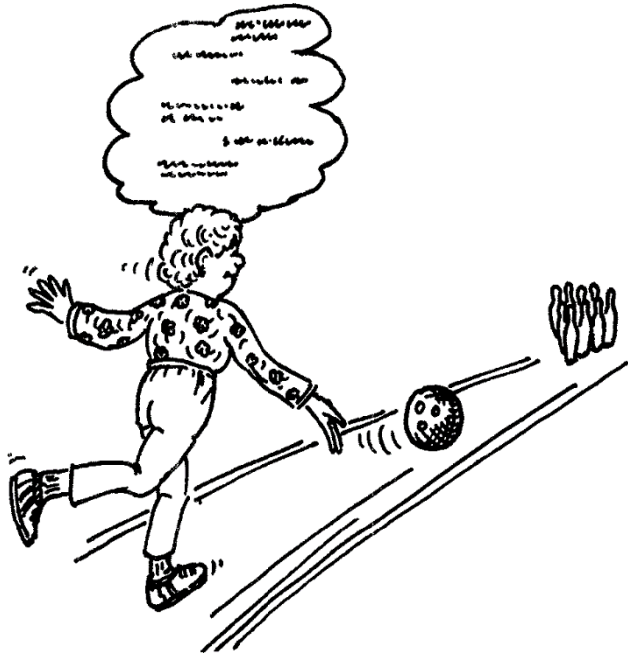
**When you start listening carefully to your Inner Conversations and begin using the Self-Parenting exercises in this guide, you will hear them throughout all your waking activities.**

**They occur while you are reading, making love, eating dinner, watching television, riding in the car, walking your dog, sunning at the beach, or during any other activity you can name.**









**Inner Conversations** also take place in your mind when you are riding a bike, planning a vacation, bowling, going to school, hiking in the mountains, or jogging in Central Park. (I can hear that one right now!)

**They occur on first dates, second dates, and all following dates.** Inner Conversations do not mysteriously disappear the moment you turn eighteen, twenty-one, forty, or even sixty for that matter. They are a daily, weekly, and monthly staple of your emotional/mental diet. Certain Inner Conversations with specific themes can be repeated and continued for years if the circumstances surrounding them are not resolved.

---

**This Self-Parenting guide outlines many typical examples of Inner Conversations recorded by students during thirty-minute sessions called the “Self-Parenting Exercises.”** These half-hour sessions will help you to recognize these mental discussions and teach you how to understand and use your own Inner Conversations to Self-Parent in a positive way.

**H**ere is an example of a simple Inner Conversation that you may have had once or twice after school or work:

---

## INNER CONVERSATION: (Around six o'clock, after school or work.)

**A:** "What shall we have to eat?"

**B:** "I don't know."

**A:** "Well, you better have something to eat, or you'll pass out."

**B:** "Peanut butter sandwiches."

**A:** "Don't be ridiculous, that's what we had for lunch."

**B:** "I'm not hungry then."

**A:** "Yeah, but you will be. There's nothing in the fridge."

**B:** "Let's go to the store."

**A:** "I'd like to but there's no time. We've got to leave at seven o'clock for that lecture on Self-Parenting."

**B:** "Let's stop at McDonald's on the way."

**A:** "We did that yesterday and the day before."

**B:** "How about Burger King, it's real close!"

**A:** "Okay, sounds good..."

---

Always remember that your Inner Conversations happen almost subconsciously—as if on automatic pilot.

**I** nner Conversations also occur with more intensity during more stressful life situations such as the following:

---

## INNER CONVERSATION:

(A worried mother whose daughter hasn't come home at eleven o'clock when she promised.)



**A:** “Oh god! Where’s my baby?”

**B:** “Don’t worry. She’ll be fine.”

**A:** “But it’s 11:30 pm and she’s not home yet.”

**B:** “She’s probably just having fun and forgot the time.”

---

**A:** “What if she’s hurt?”

**B:** “You worry too much;  
she’ll be home any minute now.”

**A:** “If my baby is hurt, I’ll never  
forgive myself.”

**B:** “She’s a good girl and if anything  
happens, she’ll call and let us know.”

**A:** “I’m going to call Suzie’s mother  
to see if she’s over there.”

**B:** “Now you’re starting to  
like a Frantic Fran.”

**A:** “I am a Frantic Fran, give me a  
break!”

**B:** “At least wait another half-hour.”

**A:** “Maybe I should call the police.”

**B:** “Maybe you should calm down.”

(The phone rings!)

**A:** “Oh my god, what if that’s the  
hospital.”

**B:** “Phew, maybe now we can  
find out what’s going on  
and calm down for a while.”

**A:** “What if it’s not her?”

**B:** “Answer the phone.  
It’s rung twice already.”

---

## Don't these Inner Conversations sound familiar?

Aren't they typical of the kinds of thoughts that might run through your mind in similar situations? Most people aren't consciously aware of their Inner Conversations. They simply don't think about them because they occur so naturally.

**Outer conversations between people are easy** to study and understand, since they occur in the outer physical world. They can be recorded, written down, and then analyzed.

**Your Inner Conversations on the other** hand are much more difficult to study carefully. They occur mentally inside your mind and can't be recorded, even though their existence is just as real.

---

**Learning more about your Inner Conversations** can help you in many ways. Your Inner Conversations are the key to your true thoughts and feelings. Since you must know what you want in order to get it, your Inner Conversations will tell you, in the most direct way possible, exactly what you are thinking and feeling so that you can get exactly what you want.

**The first step to positive Self-Parenting** is to train your conscious awareness to listen to the specific types of Inner Conversations that only you have. By practicing the Self-Parenting Exercises found in Part III, you will develop a deep sensitivity to, and awareness of your Inner Conversations. You will learn methods to record your Inner Conversations, so you can study and improve your Self-Parenting. You will also learn how to use these thirty-minute sessions to easily resolve any Inner Conflicts that develop in your mind.

**Studying your Inner Conversations can also** reveal the concealed barriers to your personal happiness! Every emotional/mental problem you have in life takes place initially as a conflict within your Inner Conversations. Whether you are afraid, bored, confused, or angry, your Inner Conversations are telling you something: what you need to do next to improve your life, to make it easier, or better. The more you learn to positively Self-Parent within your Inner Conversations, the more meaningful your life will become.

---



## **Your Inner Conversations: Who Are the Participants?**

For there to be a conversation inside your mind, it must occur between two points of view. If only one voice existed in your mind there wouldn't be anyone else to talk to or respond to it.

These two voices are called the Inner Parent and the Inner Child. They have amazingly different personalities and characteristics.

---

**When you were young you absorbed** and internalized the personalities of your father and mother (or their equivalent roles.) As part of the normal process of human development, you were biologically programmed to model and mimic their behavior. As a result, by the age of seven, you have unconsciously absorbed your parents' ideas, viewpoints, and mannerisms.



These attitudes and opinions became the voice for the left side of your mental Inner Conversations:  
**The Inner Parent.**

---



**As a child you also had** your own pint-sized ego and outlook on life. You judged and formed a set of opinions and reactions to your parents and the world around you. Right or wrong you made decisions about the way things were in the world and these were also recorded in your mind.

Today this voice still reacts within you the same way as when you were young—even though your childhood might have been twenty, forty, or sixty years ago. This voice is called the **Inner Child**.

**Your Inner Conversations are the dialogue** between these two different voices. These two points of view also represent the interaction between the rational mind (thinking) and the emotional heart (feeling).

**Each voice in your Inner Conversations** has a particular style and method of approaching the problems of living. The Inner Parent has its mental opinion, intellectual advice, and rational reasoning. The Inner Child has its emotional feelings, irrational reactions, and subjective responses. Both Inner Selves have needs they feel are important and that they want to be met.

**As you go through life you** are confronted with different choices and ways to handle your experiences. You make outer choices based on these two Inner voices in your mind. Sometimes these voices are in harmony; other times they disagree. The decisions you make and the circumstances in your life are created from the combined opinions of both Inner Parent and Inner Child as to the best way to handle your life circumstances.

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Frequently your Inner  
Conversations will  
reflect disagreement  
between the two  
Inner Voices.

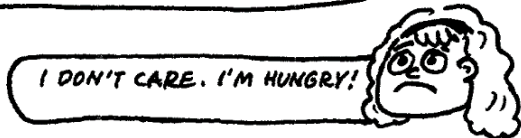
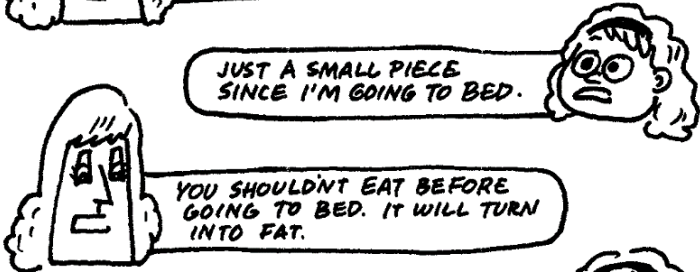
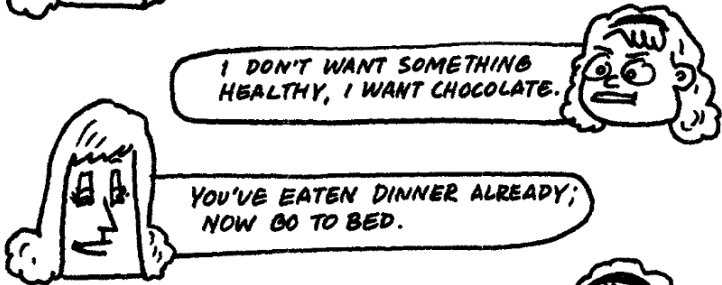
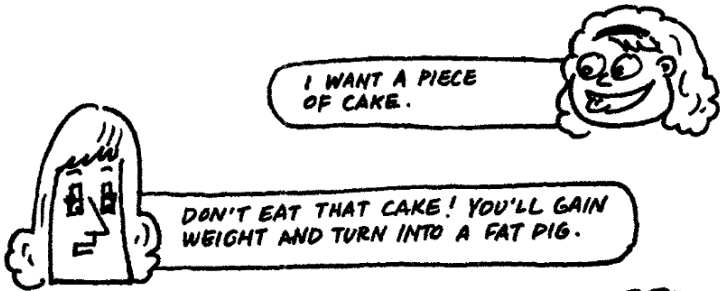
These confrontations, called Inner Conflicts, take the form of classic outer parent/outer child arguments, except they occur within your mind. This is because the types of conflicts you experience now in your Inner Conversations were first encountered as outer conflicts while you were growing up.

**Outer conflicts you have had with** “significant others” such as your parents, grandparents, or other role models are now being repeated inside your mind as Inner Conflicts. They have become internalized versions of your actual outer parent/outer child conflicts which remain unresolved. Positive Self-Parenting will enable you to resolve any Inner Conflict by helping both voices of your Inner Conversations to meet their needs.

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**H**ere is another example of an Inner Conversation volunteered by one of our workshop participants:

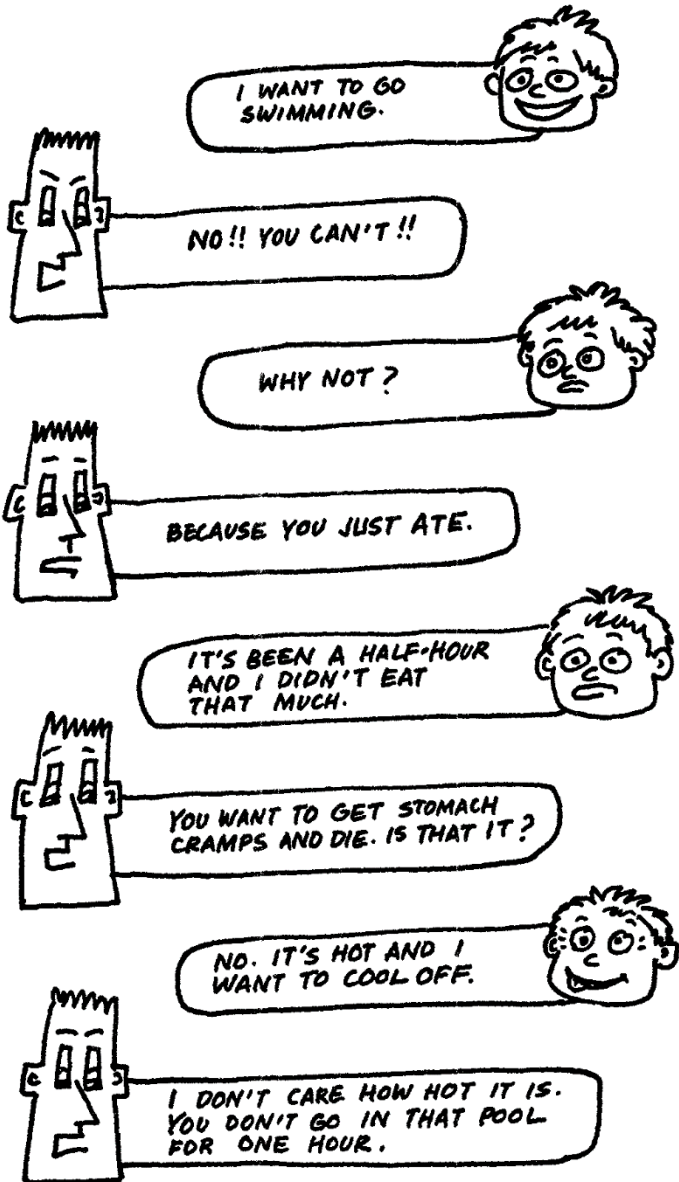
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**H**ow about another classic Inner Conversation culled from the experiences of a thousand outer conversations:

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**Have you noticed that these Inner Conversations** sound just like the outer ones you may have had in the past with your outer parents?

**GOOD!**

**The difference is that once you tune into them, you will find those outer conversations with your parents are STILL HAPPENING inside your mind!**

They occur even when your parents are not in sight, even if they passed many years ago. This is because your Inner Conversations continue to influence your life as a mental replay of the teachings and conflicts absorbed during your childhood.

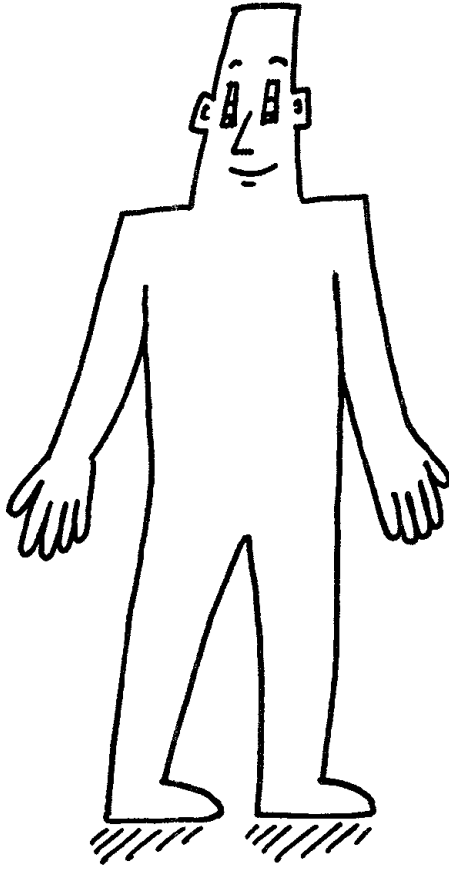
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**As you begin listening more and more** to your Inner Conversations you will gain more familiarity with these two voices and hear each of them more distinctly. This book will show you how to start opening up your Inner Conversations to more conscious awareness so that you can improve your life and your feelings about yourself immeasurably.

**With positive Self-Parenting you will also** learn how to resolve Inner Conflicts that are preventing you from experiencing happiness, meaning, and fulfillment in your life. Positive Self-Parenting within your Inner Conversations is the key to your personal happiness.

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# 2 | WHO IS YOUR INNER PARENT?

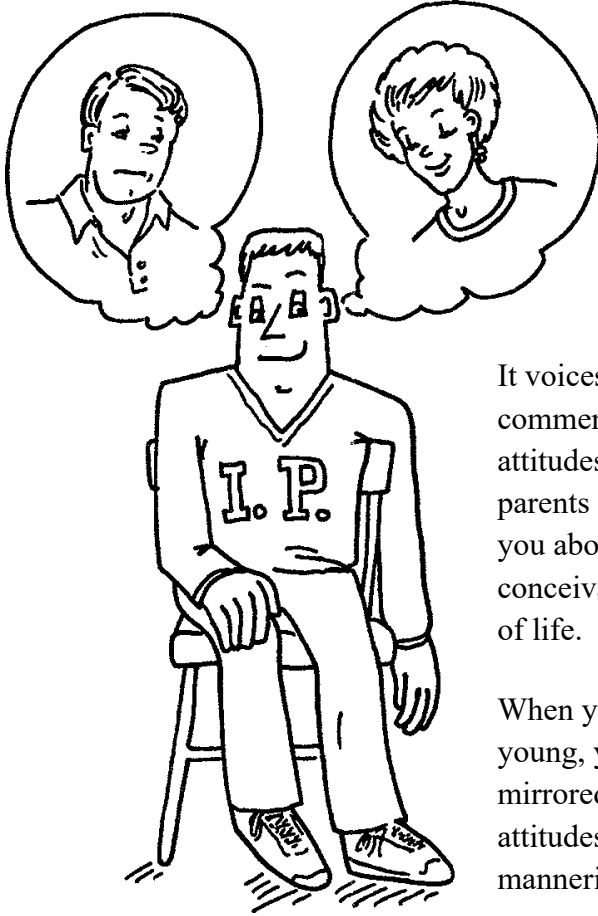
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**One participant in your Inner Conversations** guides your daily activities and is actively involved in planning for your future. This voice, called the Inner Parent, results from the individualized parenting you received from your parents (or their substitutes).

**It reflects the specific qualities of** programming received from your outer parents as well as portions of the experiences you were exposed to through interactions with your grandparents, siblings, relatives, peers, teachers, coaches, and religious leaders during your formative years.

Your Inner Parent is commonly called the **personality** or **ego**.

---



It voices all the comments and attitudes your outer parents gave to you about every conceivable aspect of life.

When you were young, you mirrored the style, attitudes, and mannerisms of your parents.

**You were biologically programmed from birth to mimic your parents' behavior to serve as a model or template to develop your own style of behavior. Watching and mimicking them was your way of learning how to become an adult.**

---

**You started to develop your Inner Parent** voice at a very early age! By two to four years old, you had already established the psychological foundation of independence that evolved into your Inner Parent.



When you were born it was as if your mind was a blank computer. To help you begin using your new computer, two pre-programmed computers (in the form of your mother and father) began to simultaneously program new information into your hard drive.



**As a result, your Inner Parent** took on many of your outer parents' personality characteristics. For example, if your father was emotionally cool and your mother was emotionally warm, your own Inner Parent will have a combination of these two personalities and characteristics. If your grandparents were a big part of your childhood, you will also have some of their individual traits as aspects of your Inner Parent.

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As you began exploring this strange and wonderful world, sometimes you would use programming data from one parent and sometimes the other. You received further input as you began to interact with other sources of programming around you such as teachers, television, and peers.



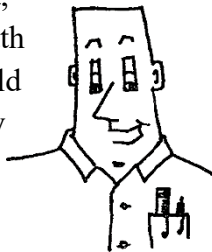
All of these experiences, conscious and unconscious, helped you to form the Inner Parent you have today.



**Your Inner Parent is unique, reflecting** the specific combination of programming only you received. Even children with the same outer parents develop different Inner Parents because each child in a family receives distinctive parenting.

Social and cultural factors also provide a major influence. For example, growing up during the fifties or sixties, as opposed to the eighties or nineties, would distinctly influence the social voice of your Inner Parent.

Growing up in Australia, Bali, the United States, Russia, China, or South America would also culturally impact your Inner Parent.



**As childhood ends and you gradually assume** adult responsibility for your life, the external programming you received as a child is internalized and becomes the interior guidance in your life.

**Now, as an adult, your Inner Parent** uses the stored memories of your upbringing to guide and direct your life. Since you absorbed your parental patterns at such an early age, it is easy to take them for granted. The combined effect of this programming may be positive, negative, or a combination of both.

---

## The Positive Inner Parent

The potential strengths of your Inner Parent voice are the same strengths that the ideal outer parent would have. Your Inner Parent can be an excellent teacher, providing helpful guidance, and setting positive examples for your Inner Child. Your Inner Parent can maintain an intimate sense of caring and support for your Inner Child so that it may develop its own talents and skills.

When you express positive concern for your Inner Child or give it encouragement you are voicing the positive Inner Parent.

---



**During times of stress the positive Inner Parent** is a calming, soothing voice that is always present to help and support your Inner Child. The Inner Parent makes decisions, chooses options, and evaluates importance's for both Inner Selves.

The positive Inner Parent will support and nurture the Inner Child when it is scared or angry by asking the Inner Child what its needs are and providing them.

**The positive Inner Parent can provide** the Inner Child with whatever it wants or needs by practicing the Self-Parenting Exercises and through positive interaction within your Inner Conversations.

---

**Training and experience allow the positive Inner Parent** to become highly developed in rational thinking and intellectual activity. This is the voice within you that spends a lot of time “figuring things out” by thinking about all the consequences and ramifications.

**The Inner Parent is also good at making choices** which involve complicated issues. It breaks down actions into past, present, and future. It enjoys drawing up boundaries, legal documents, and using facts and figures. Much of our outer communication is derived from the voice of the Inner Parent, especially when we are trying to be polite or formal.

**The positive Inner Parent provides stability** and support for the Inner Child by being nurturing and loving during Self-Parenting interactions with the Inner Child. Part of this process is achieved by the elimination of negative self-talk. The other part comes from practicing positive Self-Parenting styles within your Inner Conversations, as discussed in Part III.

**If your outer parents and significant others** did a good job of nurturing you during childhood, you will have a positive, loving, and nurturing Inner Parent.

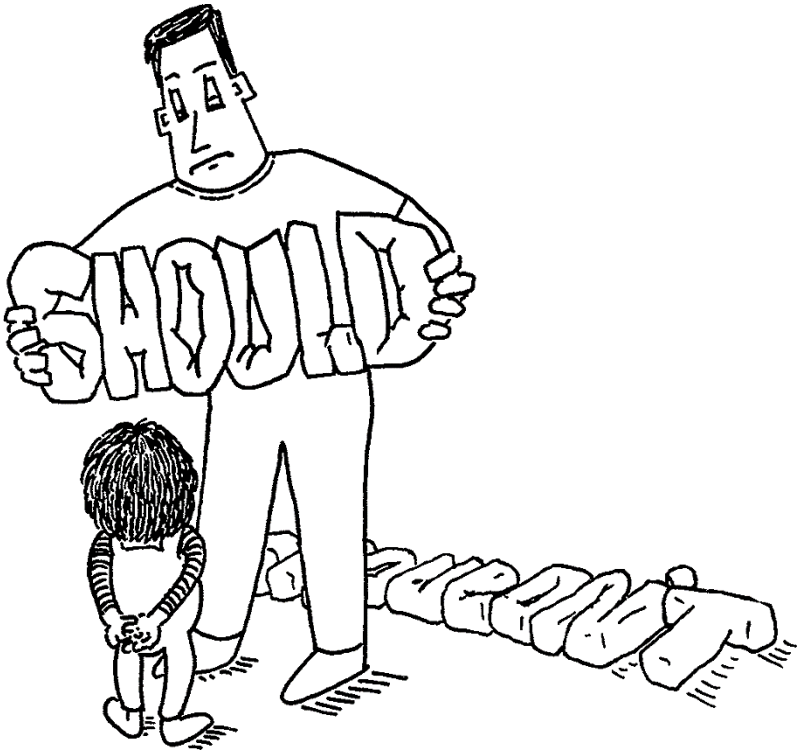
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## **The Negative Inner Parent**

The negative Inner Parent is susceptible to the same weaknesses of neglectful and non-nurturing behavior that your outer parents might have used. Your Inner Parent might be quick to judge and lecture your Inner Child. It is common for it to warn, advise, or berate the feelings of the Inner Child.

Many times, your Inner Parent will make a major life decision without even asking your Inner Child how it feels, just as your outer parents did with you!

---



**While being rational may be the Inner Parent’s strong suit, it can also have some pretty serious programming flaws. In other words, it can act very irrationally at times by tying itself (and the Inner Child) up with erroneous thinking. It can be petty and nit-pick unimportant points. It is the “should” side of your Inner Conversations, tending to be the voice that says, “You should do this.” and “You shouldn’t do that!” It can also be an overly critical and threatening voice. Many negative traits you were exposed to during outer parenting are apt to be part of your internal Self-Parenting.**

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**Your Inner Parent has a major position of influence over your Inner Child and is likely to be the voice that you hear the loudest and the longest in your Inner Conversations.**

The biggest test for the Inner Parent comes during an Inner Conflict, when the Inner Parent and Inner Child have an extreme clash of needs. In these circumstances the negative Inner Parent is prone to overpower the Inner Child by virtue of its position of power and authority.

However, when you, as the Inner Parent, win battles of Inner Conflict using your natural power in a negative way, it will be at the expense of your Inner Child. If your Inner Parent does not nurture your Inner Child, your joy and enthusiasm for life will be missing. This plays havoc with the ability of both Inner Selves to be happy.

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**Have you ever encountered** new parents expressing their determination not to repeat the mistakes their own parents made with them? Ironically, as time passes, they often find themselves unintentionally echoing the exact words and actions of their parents with their children.

You won't need your own children to discover that you do this when Self-Parenting as well. When you begin working with the Self-Parenting Exercises you will realize you are still being treated and guided as if by your parents. Only now you are doing it to yourself, all by yourself, within your Inner Conversations.

**The negative Inner Parent often neglects,** invalidates, misunderstands, or completely ignores the needs and desires of the Inner Child. It can abuse its Inner Child by being selfish and demanding, by being too much of a perfectionist, or putting undue pressure on the Inner Child.

**If your outer parents did a poor job of nurturing and loving you during your childhood,** you will tend toward non-nourishing and negative Self-Parenting.

---

## **The Ideal Role of the Inner Parent**

The ideal role of the Inner Parent is to love, support, and nurture the Inner Child. It is able to accept, teach, and motivate the Inner Child while still having a sense of the Inner Child being a separate and distinct Self.

The ideal Inner Parent does not feel that it “owns” the Inner Child any more than an outer parent should feel that they “own” their outer child.

The ideal Inner Parent uses the positive skills of an outer Parent/Child interaction with ease and knowledge, based on years of intimate loving, supporting, and nurturing interaction.

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**Another function of the ideal Inner Parent** is to guide and encourage the Inner Child through the exploration of its interests and talents. As your Self-Parenting skills improve, you can help your Inner Child discover and develop its natural aptitudes and qualities as well as teach your Inner Child about life.

**By practicing the Self-Parenting Exercises, you** will create deeper levels of caring and nurturing as you build and maintain higher levels of self-esteem.



The ideal Inner Parent supports the physical, emotional, mental, and relational needs of the Inner Child.

**Physically, the ideal Inner Parent** pays attention to and meets the physical needs of the Inner Child by providing an environment of warmth, security, and safety. It takes care of and watches out for the health needs of the Inner Child. It encourages the Inner Child to play through using its body and developing its senses.

---

**Emotionally, the ideal Parent is sensitive to the** emotional condition and wishes of the Inner Child. It demonstrates and shows understanding for the needs, wants, and desires of the Inner Child. It is positive and nurturing when interacting with the Inner Child by being a good listener.

The ideal Inner Parent supports and guides the Inner Child to develop and establish its own independent identity and personality. It also becomes a life-long companion and mentor for the Inner Child.

**On the mental level, the ideal Inner Parent** teaches the Inner Child about life and provides reasonable explanations for its questions. It encourages, guides, and supports the Inner Child in the discovery of its interests and talents. It willingly and competently accepts the role and responsibilities of positively Self-Parenting the Inner Child.

One excellent way you mentally become a more positive Inner Parent is by reading this book and practicing the Self-Parenting Exercises.

**Relationally, means how well the ideal, natural, and** free-flowing Inner Parent is able to engage and participate with its Inner Child in outer relationships. These take place as “outer interactions” such as with family, friends, dating, marriage, neighbors, and work relationships just to name a few. As you begin paying more attention to your Inner Child you will learn if your Inner Child is happy or not with your relationships.

---

You will find that your ability to play your side of the seesaw in outer relationships will improve. Relationships in which your Inner Child is unhappy will be more easily recognized, and you can then make adjustments for the benefit of both Inner Selves.

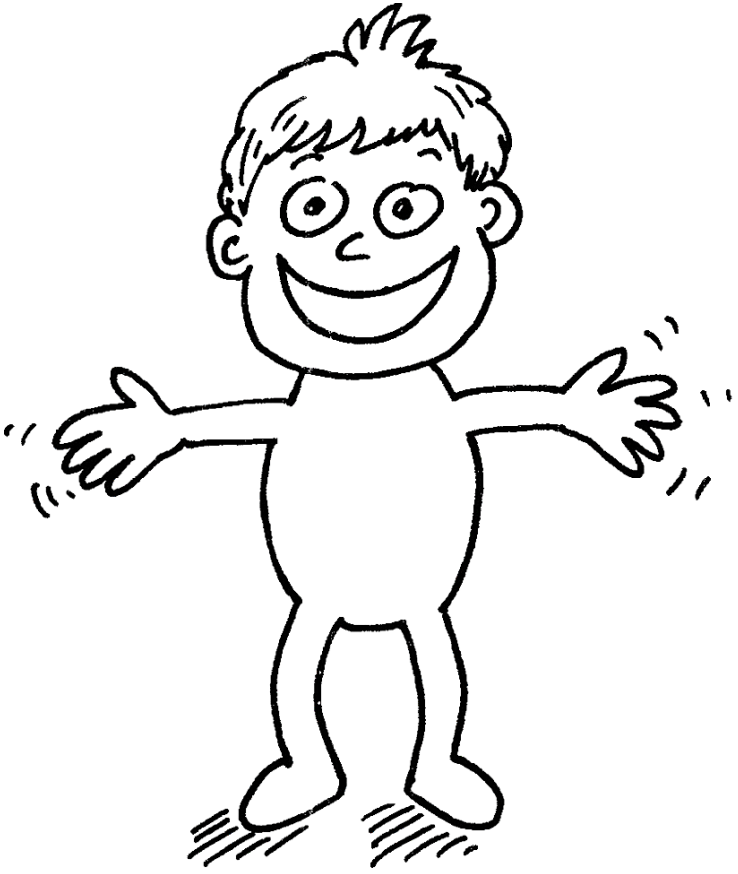
The ultimate role or ideal purpose of the Inner Parent is to:

**LEARN  
HOW TO  
LOVE,  
SUPPORT,  
and NURTURE  
your INNER  
CHILD!**

This is the key to your personal happiness and fulfillment. To improve your loving and nurturing qualities as an Inner Parent you need only adopt positive outer parenting skills into your Inner Conversations.

Once your Inner Parent makes a commitment to this role, it can be very effective when Self-Parenting your Inner Child. Best of all, both your Inner Parent and Inner Child will love the way you feel!

---



3

WHO IS  
YOUR  
INNER  
CHILD?

---



**Your Inner Child** is a completely separate and distinct Self from your Inner Parent. It represents your feelings, emotions, and reactions to the world. Your Inner Child is the bouncy, bubbly, and happy side of you.

This Inner Voice usually deals with needs or activities that concern the here and now, especially if they might make your Inner Child feel more comfortable or pleased.

---



Your Inner Child  
often cries out for  
the fulfillment of  
a physical need  
or desire.

**This voice can be quite insistent** and loud. Demands such as, “I’m hungry,” “I’m tired,” “I’m bored,” “I want to go to the beach,” “I don’t want to go to work,” “I don’t feel well,” “I want...., I want...., I want....” can often be heard sounding off within you.

---

**Your Inner Child can be very** determined and active when it wants something. This is your Inner Conversation's equivalent to the non-stop begging of a child wanting a hug from its mother, or candy at the supermarket.

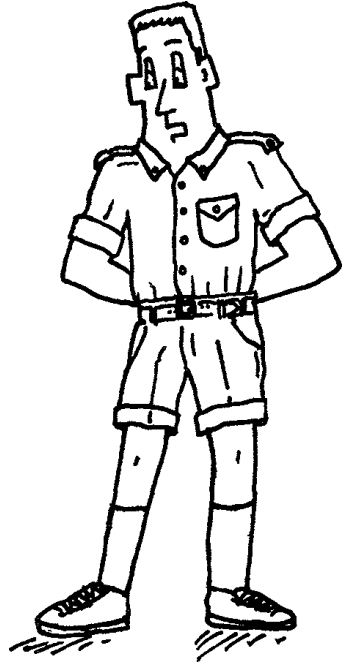


**The characteristics you had as an** outer child from birth to age seven are the same characteristics your Inner Child has now. The dreams you once had and the adventures you've always desired are those of your Inner Child today.

Your chronological age right now doesn't matter; you still have a sweet, innocent, loving Inner Child within you making a ruckus about something it wants. Even as an adult, if nurtured properly, your Inner Child will enjoy many of the typical traits associated with being a happy, well-adjusted child.

---

**Your Inner Child is a separate voice** within your mind, just as your physical body separates you from your physical parents.



**This distinction is very important to understand** when Self-Parenting. Due to the subtle nature of your Inner Conversations, the Inner Parent often forgets that its Inner Child voice is as separate and distinct as a real child would be.

**The half-hour Self-Parenting sessions will teach you** how to distinguish between your two Inner Voices. As you begin to work more consciously with your Inner Conversations you will recognize the autonomy of your Inner Child. It is easy to forget this important fact in the beginning, but your understanding will grow with practice.

---

## The Positive Inner Child

One of the greatest strengths of the Inner Child is his/her ENTHUSIASM! Don't you see every young child you know running here and there, never stopping, climbing everything, picking up anything, and constantly pushing buttons on phones, televisions, and videos?

Children are curious and enthusiastic about everything (except slowing down) and are constantly seeking to discover and explore new territories.

---

**This trait is VERY IMPORTANT because** it is this enthusiasm or excitement which gives both Selves the energetic feelings of well-being and happiness that are essential qualities for living a happy life.

The Inner Parent may be able to experience moderate levels of satisfaction by itself, but the Inner Child controls the true emotional energy of enthusiasm or bliss. Many of you enjoyed these feelings as children, but as adults you have learned to deny them for practical reasons. Or you may simply have forgotten how to enjoy positive feelings because of negative Self-Parenting.

**Your Inner Child loves to have fun;** and in this way it desires activities similar to those of an outer child. Your Inner Child can find joy and fulfillment in the simplest pleasures. It loves playing games and play acting.

Learning and practicing new skills such as coloring, drawing, and painting are all pleasurable activities enjoyed by your Inner Child. He or she loves to explore new environments such as the beauty and treasures found in nature or the experience of traveling to foreign countries.

**The positive Inner Child is anxious** to learn and only needs to be taught and shown.

---





**Another wonderful quality or trait of your Inner Child** is its natural affection and willingness to please. When the outer parent demonstrates affection and acknowledgment for the outer child, he or she is usually willing to do just about anything the parent wants. In this same way your Inner Child also has a deep desire to please you (the Inner Parent). Under ideal conditions it would be willing to do or learn just about anything your Inner Parent asks.

The Inner Child has other important strengths or traits equally as valuable for the Inner Parent to understand when Self-Parenting. However, *these ARE NOT* related to normal aspects of outer childhood. These are better understood as traits that are unique and special to the Inner Child voice alone.

---





The Inner Child is in  
charge of and controls the  
emotions and energies for  
both Inner Selves!

Your emotional feelings best reveal the voice of the Inner Child within you. The variety and scope of your emotions, ranging between love/hate through excitement/boredom, are the exclusive province of the Inner Child.

Your Inner Child is the vital source of enthusiasm for both Selves. However, this understanding might not sit too easily with an Inner Parent who is used to thinking it can dominate or control the emotions of the Inner Child through logic or will power.

---

**It is very important** for the Inner Parent to understand that the Inner Child is the owner of the feelings. You (the Inner Parent) cannot experience an emotion unless it is first generated by the Inner Child. All the genuine emotions that come from “you” are actually coming from your Inner Child. The Inner Parent may act on the information provided by your emotions, but it is your Inner Child that originally feels them.

**The Inner Child is also the** voice and simplistic logic most in touch with the physical body. It has been described as the “animal self” of man. This Self adds to your overall personality through its experiences of the five senses. It records all the raw data received by the five senses into the subconscious mind. Incredible amounts of information about your past can be remembered by your Inner Child since it already has these memories stored in its data banks.

**If you enjoyed a high degree** of nurturing and support as you grew into adulthood, your own Inner Child will retain much of its original enthusiasm for living. As an adult, you will continue to experience life with a freshness and joy seen only through the eyes of a child.

---

## **The Negative Inner Child**

The outer child who has been neglected, beaten, abused physically or mentally, or has experienced other forms of negative emotional programming receives a poor start in life.

His or her “eager to please” attitude disappears and is replaced by resistant and rebellious behavior seemingly in complete opposition to anything the parent desires.

In the same way, if you as an Inner Parent are mean, abusive, or demanding when Self-Parenting your Inner Child, it will bring out the negative behaviors of resistance and rebellion into your Inner Conversations.

The Inner Child will then be unwilling to learn or to listen to the wants and desires of you, the Inner Parent.

---

If your Inner Child is being suppressed by your Inner Parent this will put a damper on the amount of



enthusiasm and energy available to you. Denial of the spontaneous emotions or feelings of your Inner Child causes the energy and enthusiasm needed by both Selves to disappear.

The result is feelings of boredom, apathy, or depression in life. The natural joy and inner glow of the positive Inner Child turns into the resistant and contrary emotions of the negative Inner Child.

---

**The Inner Child tends to make** simplistic decisions and interpretations about life based on its experiences with the five senses (for example, whether it feels good or not).

It is not as experienced as the Inner Parent and, just like an outer child, it does not have the education, training, or capability to reason with the understanding and wisdom of an adult. Because the Inner Child lacks experience and intellectual maturity, it depends on feelings and emotions when it comes to decision making.

Since it relies solely on emotions, your Inner Child can harbor irrational ideas or programming in its memory banks. These can result from a severe trauma, such as an accident, separation, or death of a loved one, which emotionally overloads the senses. With its limited reasoning abilities, the Inner Child can't rationalize such an intense trauma. Consequently, it stores the emotional "charge" of the trauma with a simplistic explanation, when a more abstract parental style interpretation may be required.

---

**Another possible source of negativity** for the Inner Child comes from a daily accumulation of neglect and abuse derived from a dysfunctional family environment. These daily doses of stress add up to traumatized childhood defense patterns which affect the normal positive emotions of the Inner Child later in life.

**Unfortunately, this irrational programming continues to** influence the Inner Child's future thinking and decision making within your Inner Conversations. This prevents the Inner Child's natural energies of affection and playfulness from flowing smoothly and enthusiastically. Psychologists have now recognized these negative emotional traumas in outer children and associate these experiences and their after-effects with the many different types of problems experienced in adulthood.

**Even if the Inner Parent is** seemingly neutral concerning the effects of a specific event or parental upbringing, the traumatic effects may still exist within your Inner Child. To be healed successfully and fully, these negative experiences must be resolved through the conscious process of positive Self-Parenting within your Inner Conversations.

---

**Left unchecked and free to influence** your Inner Conversations, the negative Inner Child can turn an otherwise normal person into an impulsive spender, or an alcoholic. It can cause any variety of addictive or compulsive behaviors such as food binging, excessive dieting, gambling, alcohol or chemical dependencies.



When this happens the energies of the negative Inner Child completely dominate your Inner Conversations to the detriment of both Selves.

**As a person gets older, the** voice of his or her Inner Child may tend to withdraw from oversight, inattention, or neglect. It is not desirable for this condition to become permanent. Such a person will not be able to experience the full joy and happiness available in life.

**It's possible for anyone to get back in touch with a** negative Inner Child by beginning a series of Self-Parenting Exercises. These thirty-minute sessions are designed to reintroduce you to your Inner Child as well as provide methods to remove the reasons why your Inner Child became negative in the first place.

---



## **The Ideal Role of the Inner Child**

The Inner Child does not have an ideal role. It only needs to be itself. Yet because the voice of the Inner Child may have been suppressed, ridiculed, or punished, it has often retreated to psychological safety. Or, the Inner Parent has silenced the Inner Child in the name of being “grown up.”

As a result, it can sometimes be difficult for a suppressed Inner Child to once again feel safe enough to start expressing and exposing its feelings after suffering this type of chronic abuse.

---

**Do you recall receiving negative parenting** as a child? Were you forced to go to bed too early, made to eat food you didn't like, not allowed to go to the movies with your friends, or punished for things you didn't do? Were you ignored, neglected, abandoned, physically or mentally abused, or prevented from expressing or fulfilling important needs?

**If you were to experience the same quality of parenting** from your outer parents today, wouldn't you feel as negative about it now as you did then?

Yet many of us continue this same style of Self-Parenting within our Inner Conversations.

**In order for healing to begin,** your Inner Child's negative feelings concerning these, or other experiences must be recognized, accepted, and understood by the Inner Parent. Negative feelings from your Inner Child are simply the result of poor conditioning or programming.

Negative emotional reactions are symptoms or indicators of destructive Self-Parenting patterns that, once corrected, will result in increased happiness and contentment for your Inner Child.

---

**To correct problems of this nature** the Inner Child must be made to feel safe again. The responsibility to change a negative Inner Child lies directly with the Inner Parent. Devoting thirty minutes a day to the Self-Parenting Exercises allows the Inner Parent time to love, support, and nurture the Inner Child so that its voice can once again be heard without negative judgments.

**The key to positive Self-Parenting in** your Inner Conversations is for you, as the Inner Parent, to take the initiative and become a receiver for the voice of your Inner Child. This is the first step towards developing an intimate awareness of your Inner Child and its role in your Inner Conversations.

Practical steps for this process will be outlined as the book progresses and powerful techniques and methods to achieve this purpose will be described in Part III.

---



**Without the knowledge and rational thinking** processes of the Inner Parent, the Inner Child has only a limited ability to reason. Without the Inner Child the Inner Parent is left without emotional response or capability.

**If you don't have as much** energy and enthusiasm for living as you did when you were a child, it's time to reawaken that little person inside you.

Practice the Self-Parenting Exercises in Part III and you will consistently enjoy your daily life and all it has to offer. Working together, the nurturing Inner Parent and the enthusiastic Inner Child can become powerful allies.

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# 4

## LISTENING TO YOUR INNER CONVERSATIONS

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**You are now becoming more familiar** with the two participants of your Inner Conversations: The Inner Parent and the Inner Child!

In this chapter you will “take a listen” to some deeper and more powerful examples of Inner Conversations in which both the Inner Parent and the Inner Child display more examples of their respective traits and personalities.

It will be invaluable for you to begin listening to deeper levels of the internal dialogue occurring between you, as the Inner Parent, and you, as the Inner Child.

---

## You must explore the deeper levels

of your Inner Conversations to achieve self-understanding. The *Self-Parenting Exercises* in Part III will help you to uncover the deeper feelings and more fundamental attitudes of your Inner

Parent. Your initial benefit will be increased self-knowledge, a prerequisite for your happiness and success in life. But more than this, becoming more aware of your Inner Conversations is an indispensable tool for resolving the Inner Conflicts that are hurting you and limiting your enjoyment of life.

**If you want security, peace of mind, and personal happiness, positive Self-Parenting within your Inner Conversations will provide this foundation.**

---

**Once aware of your Inner Conversations** and its participants, you will start noticing more occasions when both Inner Selves are conversing. Many of your Inner Conversations during the day will be simple and ordinary: deciding what to wear in the morning, what to have for breakfast, whether or not to check emails before work.

Routine Inner Conversations are very subtle, but you will start hearing more of them when you (the Inner Parent) begin paying attention to them.

---



## The Inner Parent and Inner Child also have arguments, known as Inner Conflicts.

**With their different personalities and desires,** the two Selves will often desire opposite outcomes for the same set of circumstances. They can easily disagree or be in conflict with each other. It is most important to become aware of and acknowledge Inner Conflicts whenever they occur inside your mind.

Both Inner Selves (each with their separate and distinct needs) make up the person you think you are. In order to begin true Self-Parenting, you must actually get to know the two distinct and separate Selves and how each respond to the other as they interact within your Inner Conversations.

---

**One easy way to tune into** your Inner Conversations is to become aware of how frequently they occur in response to circumstances in the outside world. You often acknowledge and describe your Inner Conflicts when talking to others, even though you may not have been aware of all their complexities.

Before learning about your Inner Conversations, you might have experienced this phenomenon of conflict between the two Selves.

For example, how often have you or someone you know said:

“Part of me wants to \_\_\_\_\_,  
and “Part of me wants to \_\_\_\_\_.”

Translated this means:

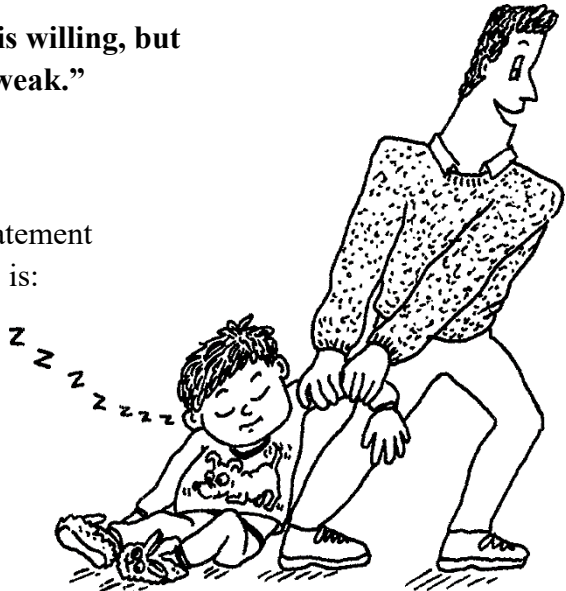
“My Inner Parent wants to  
\_\_\_\_\_,  
and my Inner Child wants to  
\_\_\_\_\_.”

---

Or what about this saying:

**“The spirit is willing, but  
the flesh is weak.”**

What this statement  
really means is:



“My Inner Parent  
thinks it’s a great idea,

but my Inner Child does not  
want to provide the energy.”

Many colloquial expressions indicate  
two different sets of desires or needs  
inside your mind.

---

One of the more famous from affairs of the heart is:  
“**I love you but I’m not ‘in love’ with you.**”

What your Inner Conversation is actually saying:

“My Inner Parent thinks you are  
okay as a person, but...

My Inner Child just can’t get  
enthusiastic or excited about  
being with you sexually.”

Many other examples of **Inner Conversations** can be found in the media. In the comics section of the Sunday papers, you will often see examples of the two Inner Selves being expressed.

**Many songs on the top-ten charts** are faithful reproductions of strong and emotional Inner Conversations set to music. Classic movies and plays always feature characters that personify, in outer situations, the Inner Parent and Inner Child voices within us all.

Woody Allen wrote many movies with dialogue representing our Inner Conversations. As you make progress with your Self-Parenting Exercises you will frequently see and hear examples of your Inner Conversations being reflected all around you in the "real world."

---

The differences between your Inner Parent and your Inner Child are quite easy to discern.

During the activities of your day notice how and when you make decisions in your mind using your Inner Conversations as a guide.

Your Inner Parent will provide rational reasoning and discussions that sound just like the kind your parents would have used. When your Inner Parent becomes upset, he or she will order, warn, lecture, analyze, blame, or otherwise Self-Parent your Inner Child with the identical parental perspectives you received as a child.

---

**Your Inner Child is the voice of “I want.”** This voice in your mind acts and reacts spontaneously and emotionally. Your Inner Child “wants what it wants when it wants it.” All of a sudden it will want a candy bar, think of a television show, or stop to admire clothes in a store window when you (the Inner Parent) are in a hurry.

**If its needs are not being met, your Inner Child** will demand constant attention or complain of being hungry, thirsty, cold, or bored. Its reactions and demands inside your mind will duplicate those you made many times as an outer child.

---

There are formal and  
informal ways to  
begin listening to your  
Inner Conversations.

The easiest method is simply to take some paper and start writing them down. Take a few minutes, relax your body, and write down what one side of your mind says on the left side of the paper, and what the other side says on the right. Write down whatever dialogue you hear in your mind just as you hear it. Since your Inner Conversations are going on all the time anyway, it's effortless to record what they say. At first don't be concerned with which voice is saying what, just write it down.

---

**After you have written a page** or two, then go back and analyze which voice was which. The separation between your Inner Parent and your Inner Child will be quite distinct. You will be able to see the familiar patterns of the two personalities asserting themselves within you.

**As you become more familiar with** your Inner Parent and Inner Child you can practice writing down Inner Conversations on an Inner Conversation Dialogue Sheet. This is an ordinary piece of paper with the following headings at the top and a vertical line down the middle.

---







**You will find the Inner Conversation Dialogue Sheet** a very effective way to differentiate between the two voices. When you become more confident about which voice is which, put your typical “parental” sounding comments on the left in the Inner Parent column.

Put your typical “child” sounding comments on the right under the Inner Child heading. Once you have practiced writing out your Inner Conversations a few times, it becomes easier to mentally follow both sides when you are performing activities in your daily life.

**T**he Inner Conversation on the next page was written down by a Self-Parenting student while waiting a few minutes for a bus.

---

Dinner Parent	Dinner Child
●	Look at that person in the wheel chair.
Yeah, that's too bad.	Look at their thin legs.
Just be glad you don't have that problem.	Believe me I am.
● We've got to get downtown or we'll be late for our appointment.	We're not going to get there on time anyway. Besides that guy is never on time.
I know but it's still bad to be late for appointments.	A cab will get us there on time. It would be more fun too.
● Nah, too expensive.	Look at that!

## How many thousands of Inner Conversations have you had just like this one?

Although it may not be of major significance, it is a typical example of the many Inner Conversations you might have during the day in just a few seconds.

As you become more involved in Self-Parenting you will hear much mundane talk. Other Inner Conversations will have more action and intensity, such as the following example.

**T**he next Inner Conversation illustrates the ramification of an Inner Conflict inside your mind. Until now, most of the examples have been light and easy.

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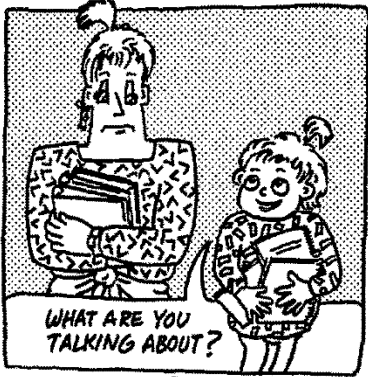


OTHER INNER CONVERSATIONS WILL HAVE MORE ACTION AND INTENSITY SUCH AS THE FOLLOWING INNER CONVERSATION! RECORDED BY A STUDENT WHOSE INNER CHILD WANTED TO GO SKIING BUT WHOSE INNER PARENT KNEW SHE WAS SUPPOSED TO BE STUDYING FOR A TEST.

A FEMALE STUDENT'S INNER CONVERSATION DURING THE DAY...



WHAT ARE YOU GOING TO DO ABOUT THE TEST NEXT WEEK?



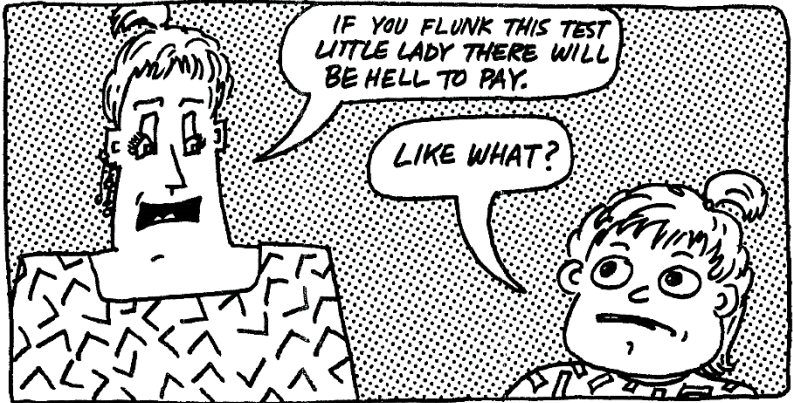
WHAT ARE YOU TALKING ABOUT?

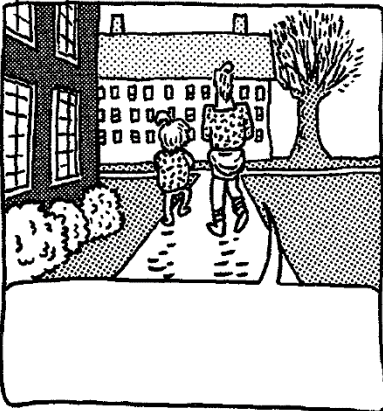


YOU KNOW. HOW CAN WE GO SKIING IF WE HAVE A TEST?



WHO CARES ABOUT A STUPID TEST. I HAVE A CHANCE TO GO SKIING WITH BILL AND GET TO KNOW HIM BETTER.







**When first listening to your Inner Conversations**, it is very important for you to hear and accept both sides of your Inner Conversations, even if one Inner voice is expressing a negative opinion or weakness.

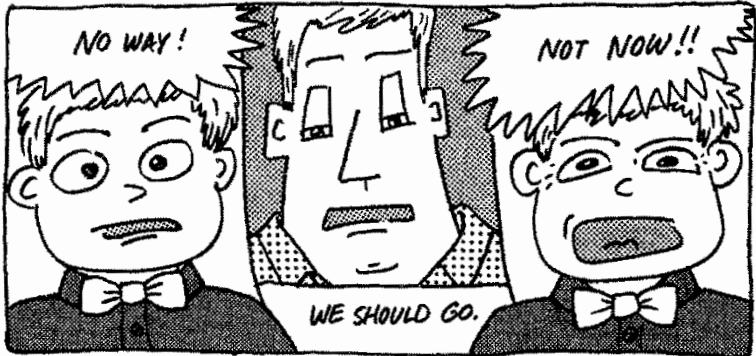
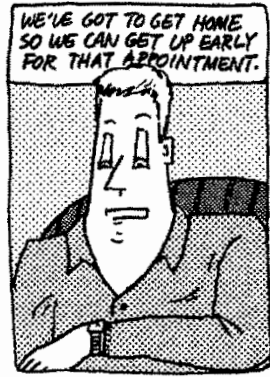
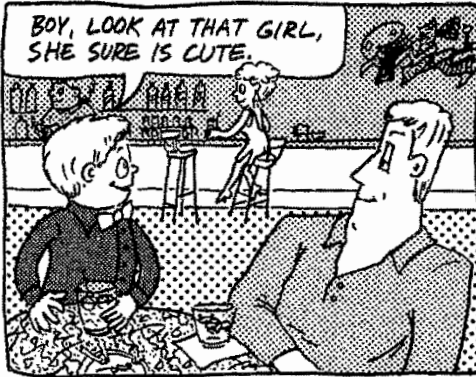
If you, as the Inner Parent, try to negate or ignore the negative voice of your Inner Child, you will be unable to successfully Self-Parent. When an Inner Parent does not listen to its Inner Child, it will have the same types of problems an outer parent has who doesn't truly listen to his or her outer child.

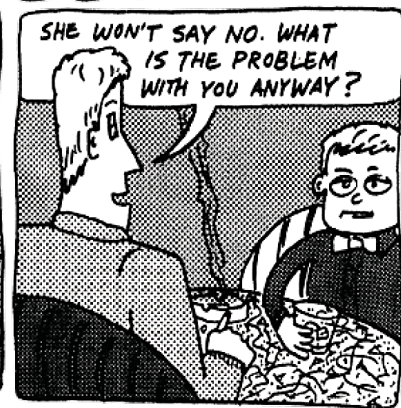
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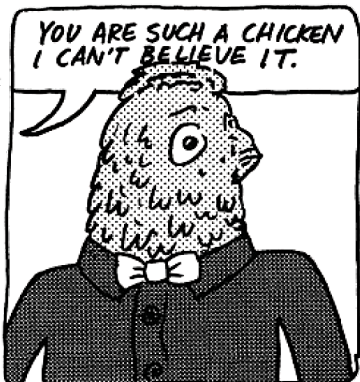


HOW ABOUT THIS  
INNER CONVERSATION  
WHICH A SELF-  
PARENTING STUDENT  
RECORDED AT A  
"SWINGING SINGLES"  
NIGHT SPOT.

A SINGLE MALE'S INNER CONVERSATION...







**T**he next Inner Conversation was submitted by a newspaper reporter working late to meet deadline. His Inner Parent knows he needs the money for survival, yet at the same time his Inner Child hates this job.

---

Inner Parent	Inner Child
●	I'm bored and I HATE THIS JOB!
I know, I know, believe me I know. But we have more work to do.	I don't care.
You will when we don't have enough money to buy food or pay the rent.	Let's finish this later.
●	Nobody is going to read this.
I can't. We have a deadline to meet.	The editor will. He complained last week about a piece we did. Pretty heavily if you will remember.
●	Yeah, yeah... He's a jerk anyway. What does he know about life. He is a workaholic boozer



**Many of your Inner Conversations**

**are** not happily resolved because your Self-Parenting is negative and non-nurturing to your Inner Child. The less nurturing your Inner Parent is through-out the day, the more difficulty you will have feeling personal happiness in your life.

**T**he following Inner Conversation was written by a student one quiet night.

It demonstrates how unthoughtful, uncaring, and unaware the Inner Parent can be when Self-Parenting. Sadly, many of us (Inner Parents) do this to ourselves (Inner Children) on a regular basis.

---



Inner Parent	Inner Child
●	I feel sad.
Why?	I don't know. I just do.
Don't be ridiculous.	
There is nothing for you to feel sad about.	
I can't believe how stupid you are.	I just feel like crying.
	(silence)
● You are being stupid. What do you feel sad about?	
	Nothing, it doesn't matter.
●	

When listening to your Inner Conversations, always remember that your feelings represent your Inner Child voice.

**If you are feeling emotionally sad, hurt, angry, or upset,** it is actually the Inner Child that is feeling this way. If you, as an Inner Parent, are not considerate of the feelings of your Inner Child, after a while your Inner Child will become numb to its feelings.

At this point if you ask how, it is feeling it may simply reply, “Fine,” in a dull monotone. There will be no other emotional response that it feels safe in making.

**If this problem becomes chronic, negative Self-Parenting** within your Inner Conversations will create a depressed, suppressed, or repressed personality.

---

Many times, an Inner Parent has an “I-told-you-so” attitude about the feelings of its Inner Child.

**L**ook at what happens in this Inner Conversation of a seventeen-year-old student hoping a new love interest will call.

---

Inner Parent	Inner Child
It told you he wouldn't	Why hasn't Peter rung?
And you believed him?	But he said he liked me.
You know they are all the same. Why do you continue with all this false hope?	Sort of.
Oh, good one!	He's different.
You should ring him and see what he's doing.	I'm feeling lonely.
So then, what do you want to do?	Oh no, that's okay.
Forget him. He's like all the rest.	I don't know.
Oh god, not again.	I love him!

**In this example of Self-Parenting,** it is clear that this person's Inner Parent is not nurturing her Inner Child by allowing it to express its feelings. Without the support of the Inner Parent, an Inner Child will many times be too afraid to express itself further.

Notice how the previous Inner Conversations are typical examples of the thoughts you might have had in similar situations. Your Inner Conversations may or may not be typical, but one thing is for sure, they are your own and they occur deeply inside your mind.

**You will become increasingly in tune** with your Inner Conversations as you take time during your day to listen to them. When you start having private sessions with your Inner Child and practicing the Self-Parenting Exercises in Part III, your progress listening to and understanding your Inner Conversations will be rapid.

As your awareness increases, you will be able to graduate to the second stage of Self-Parenting in your Inner Conversations. You will have enough experience to learn how to manage your Inner Conversations during times of the dreaded INNER CONFLICT.

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# PART II

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## INNER CONFLICTS

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# 5 | INNER CONFLICTS: PROBLEMS WITH YOUR INNER CONVERSATIONS

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## **Most of us have at least a few problems in our lives.**

Outer problems such as paying the rent, overdue bills, finding a suitable job, or ending a relationship can set you back temporarily. Even though these outer problems are traumatic and can cause stress, you recognize what is wrong and are able to mobilize your energy to handle the various situations. Since outer problems are “out there” you can direct the considerable energies of your body and mind to solving them.

**Inner Conflicts, on the other hand,** can be devastating. Since they are “in your mind,” they confuse your ability to think clearly. Inner Conflicts create indecision and cause a physical and mental paralysis which overwhelms your ability to produce or perform as a human being. The issues of an Inner Conflict can last a lifetime if they are not recognized and handled properly.

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**Inner Conflicts cannot be settled** by changing events or circumstances outside your mind. An Inner Conflict over lack of money (such as needing money to build self-esteem or to please others) will not be solved by getting more money. Although more cash flow might solve an outer conflict, having a million dollars in the bank won't solve an Inner Conflict about money. One half of your Inner Conversation will only want two million.

Trying to solve any type of Inner Conflict with an outer solution will only bring the same unsuccessful results.

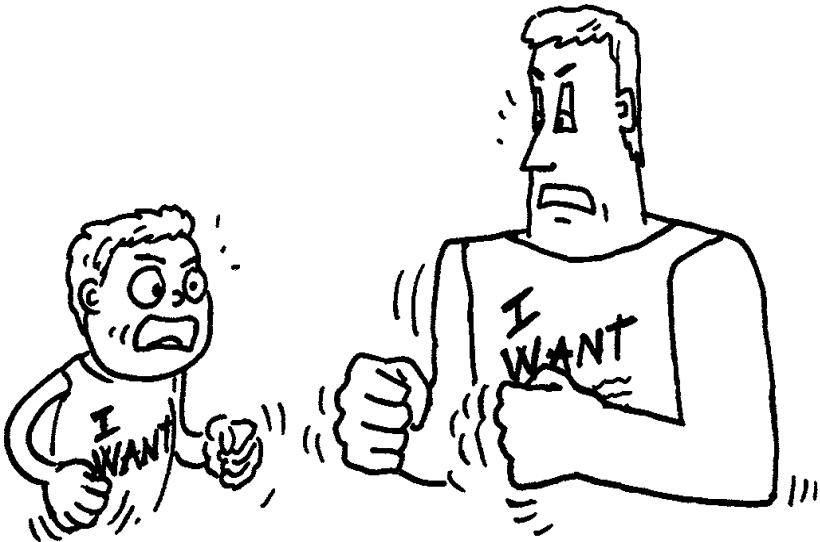
**The worst part about Inner Conflicts** is that they are self-inflicted. You are doing the damage to yourself, all by yourself, within your Inner Conversations. Until you consciously perform the work to pull yourself out, you will remain stuck within an Inner Conflict despite the help and/or the best intentions of your family, friends, or even professional intervention.

**The good news is that you** can now resolve your Inner Conflicts by following the steps in this book and practicing the Self-Parenting Exercises in Part III.

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**Inner Conflicts** are created as a result of a clash between the needs of your Inner Parent and the needs of your Inner Child.

If the conflicting needs between the two Selves are strong enough, you will experience an Inner Conflict as the major problem in your life. Any chronic, persistent, or negative Inner Conversation is a result of this conflict. Physical, emotional, mental, or relational paralysis always accompanies Inner Conflict.



Since they are two different personalities, many times the Inner Parent and Inner Child have conflicting needs. The Inner Child wants chocolate ice cream because it tastes good, but the Inner Parent insists on eating vanilla yogurt for health reasons. Or the Inner Child wants to sleep in because it's tired, but the Inner Parent demands going to work so it won't get fired. The Inner Child wants to buy new clothes to look good, but the Inner Parent requires the money for new tires. The Inner Parent wants to go to school in Chicago, but the Inner Child wants to live near the beach.



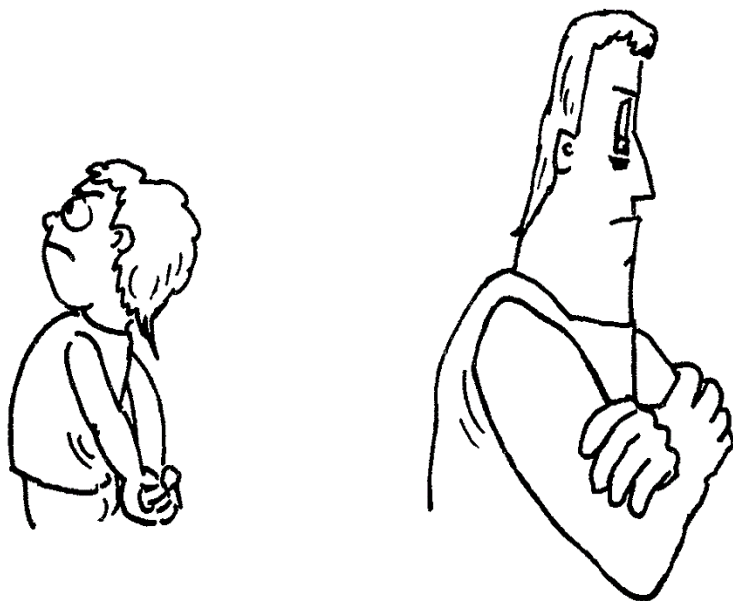
**With the increasing complexity of modern life,** different and unusual types of Inner Conflicts are emerging. For example, a female Inner Parent may want to get married because her biological clock is running out, but her Inner Child doesn't like the only logical marriage choice.

Or an Inner Parent wants to further her career by taking a job promotion, but this will disrupt the desires of the Inner Child to start a family. In another twist, the Inner Parent (female) may want to have a family, but the Inner Child wants to further its career.

**Your situation will depend** on the unique styles and issues of the participants in *your* Self-Parenting.

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**During an Inner Conflict, neither side has a clear-cut advantage; the two voices are stalemated and remain locked.**



**If you are emotionally or mentally immobilized, frantic, unable to make a decision, definitely not sure, or generally unable to choose a clearly defined path regarding a situation, you are experiencing the dreaded Inner Conflict.**

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**Inner Conflicts usually involve a situation** where your Inner Selves are scared or have to make a decision, as well as being paralyzed as to what move to make next. This often results in feelings of guilt or obligation. As a result, your Inner Parent and Inner Child experience a set of conflicting needs that hangs both of you up. For one reason or another, each Self prevents the other Self from realizing its needs.

The two Selves get into such a mental stew over the problem that neither of them can win over the other, so both end up losing.

**Inner Conflicts must be resolved. There is no** getting around it. Both sides are together in the relationship and both Inner Selves have needs that must be met! Until both Selves are satisfied, neither the Inner Parent nor the Inner Child will be able to function effectively.

If one Inner Self wins over the needs of the other, there will be a backlash from the other Inner Self which will be harmful and damaging to the Self-Parenting relationship.

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A simple, powerful, and overlooked message in modern society is that needs form the basis of living.

**If you have a need, you will be temporarily unhappy until it is fulfilled.**

If you have a primary need that is not fulfilled, you will remain unhappy even if all your other needs are successfully met. On a subtler level, if your Inner Parent or Inner Child has an important need, it must be met. Or that Self (within your Inner Conversations) will never be happy—no matter what else happens.

**Special awareness and techniques must be applied** during Inner Conflicts. These Self-Parenting techniques involve problem-solving methods developed by psychologists to resolve outer conflicts. As an Inner Parent, you will learn to focus these methods inwardly to resolve a conflict of needs between your two Inner Selves.

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First of all, the instant you realize you are locked into an emotional/mental Inner Conflict, as the Inner Parent:

**YOU MUST  
MAKE an INNER  
CONVERSATION  
DIALOGUE  
SHEET.**

Here your Inner Parent grabs some paper and a pen so you can get started on resolving the Inner Conflict. It's a good idea to always have some paper nearby just for this occasion. That way, if you notice an inner conflict happening you can get started resolving it right away.

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Secondly, since you are experiencing a major Inner Conflict, you must:

**STOP,  
LISTEN,  
and WRITE DOWN  
YOUR INNER  
CONVERSATION.**

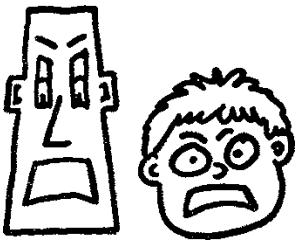
This provides a written record from which the two Inner Selves can discover and work out their conflict of needs. Start by writing out what one side says, and then write down the response from the other side.

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**Four outcomes are possible for resolving an Inner Conflict.** You may already be familiar with the four conflict resolution options as used in outer problem solving. The Self-Parenting Program workshops have developed a specialized process to use these options for resolving the conflict of needs between the Inner Parent and Inner Child.

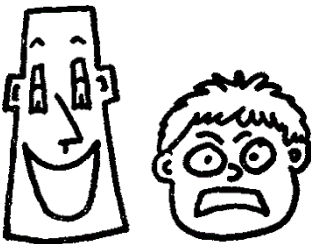
The four possible outcomes are:

### 1. Lose/Lose



In the Lose/Lose solution neither your Inner Parent nor our Inner Child has their needs met. The Inner Conflict is not resolved to the satisfaction of either Self.

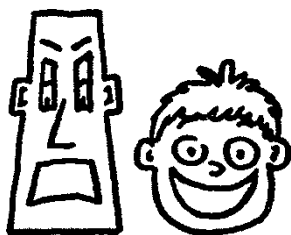
### 2. Win/Lose



In this situation your Inner Parent wins and your Inner Child loses. Your Inner Parent uses its position of power to make sure its needs are met, even at the expense of the Inner Child.

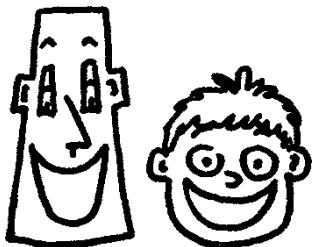
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### 3. Lose/Win



If this solution, your Inner Parent loses and your Inner Child wins. The needs of your Inner Parent are not met but your Inner Child gets exactly what it wants.

### 4. Win/Win

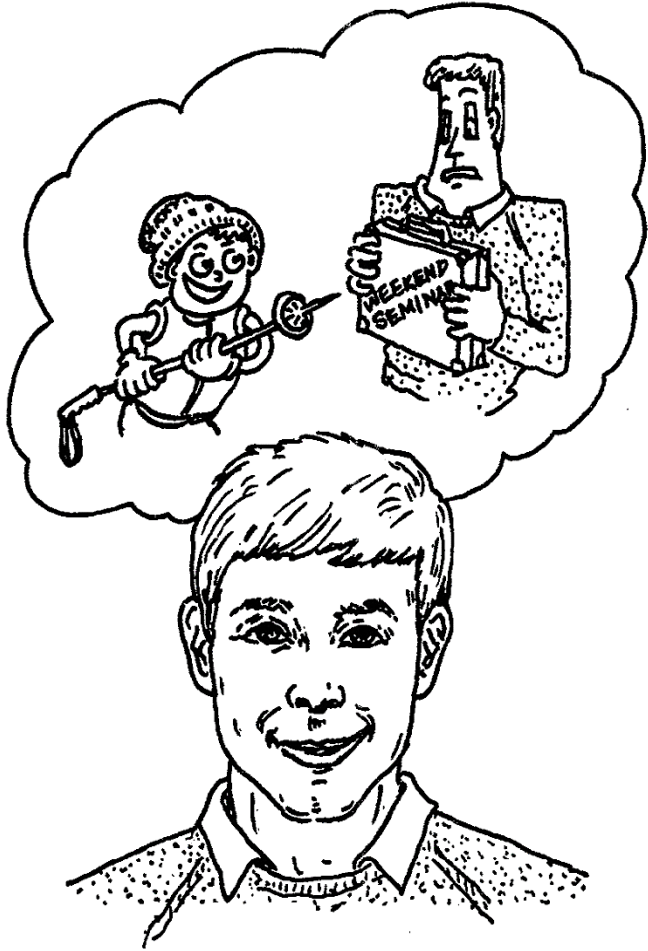


In this case the needs of both your Inner Parent and your Inner Child are met. Whatever needs were in conflict, thus creating the crisis in the first place, are resolved to the satisfaction of both Selves.

**The ideal Self-Parenting resolution for all your Inner Conflicts is the Win/Win solution.** If you are a strong person with an intimate understanding of your Inner Conversations, you can always resolve Inner Conflicts with a Win/Win solution.

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# 6

## RESOLVING INNER CONFLICTS: ONE MAN'S STORY

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**This chapter chronicles the experience of an advanced Self-Parenting student confronted with a “real life” Inner Conflict.**

A real estate agent began to develop a major Inner Conflict resulting from the needs of his Inner Parent involving a work commitment versus the requirements of his Inner Child for some leisure time.

**Here is the situation.**

A weekend real estate seminar in the city was approaching and there had been a recent snowstorm in a popular ski area. This person’s Inner Parent had been planning ahead for his future and intended to go the seminar; it would be the only one for the next six months. His Inner Parent knew that this required weekend would inspire and improve his performance (and income) at work.

**His Inner Child, on the other** hand, had developed an intense desire to go skiing. It hadn’t been skiing yet this season and went only once last year. His Inner Child realized that due to other scheduling this upcoming weekend would be its last chance to ski for the next two months.

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The Inner Child “had enough” of working Monday through Friday and was demanding some fun for a change.


It simply did not relish the prospect of working the next twelve days in a row, much less not going skiing. And for this Inner Child, the seminar definitely equated to work.

**T**his resulted in the following Inner Conflict, as demonstrated by the conflicting points of view the Self-Parenting student recorded on his Inner Conversation Dialogue Sheet.


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I DON'T WANT TO GO TO THE SEMINAR THIS WEEKEND, AT ALL!!




WE HAVE TO GO TO THE SEMINAR. IT'S GOING TO HELP US BE MORE SUCCESSFUL AT WORK.




I'M SICK OF WORK!!




ME TOO! BUT THE ONLY WAY OUT IS TO MAKE MORE MONEY WHICH THE SEMINAR WILL HELP US DO.




YOU'VE GONE TO THIS SEMINAR BEFORE AND IT DIDN'T HELP ONE BIT.



COME ON, YOU KNOW THAT'S NOT TRUE.



I WANT TO HAVE SOME FUN AND GO SKIING. THERE'S 15 INCHES OF NEW POWDER.





THE SEMINAR IS ONLY THIS WEEKEND.  
WE WILL HAVE TO PUT FUN ASIDE FOR  
THE TIME BEING AND HAVE FUN LATER.

WE NEVER HAVE FUN LATER.



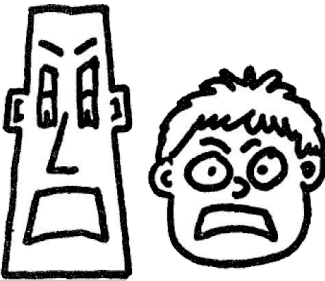
SHUT UP, WE DO TOO!

YOU SHUT UP, YOU JERK!



**Four potential solutions could be worked out** from this real-life situation which would reflect the four possibilities of Inner Conflict resolution. In your experience with similar situations, you have also resolved your Inner Conflicts with one of the following solutions:

### **Lose/Lose**



**Unfortunately, Lose/Lose is the option that a lot of us use unconsciously to resolve our Inner Conflicts.**

Lose/Lose is more a process of passively doing nothing until pressures implode rather than an active process of conflict resolution. In this solution neither the Inner Parent nor the Inner Child have their needs met.

The Lose/Lose situation usually involves sabotage by one of the Inner Selves that ruins it for both. In the Inner Conflict above the following Self-Parenting decision could easily have taken place.

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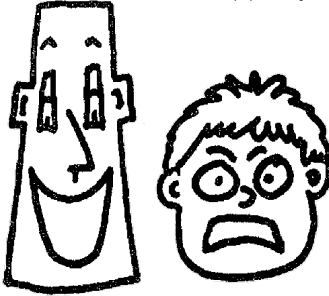
**The real estate salesman's Inner Parent** simply decides unilaterally that he is going to attend the seminar and completely ignores the pleas, feelings, and needs of his Inner Child. The Inner Parent is determined to go, but his needs are being met at the expense of his Inner Child.

Remember, however, that the Inner Child controls the emotional energy levels and bodily processes. On Wednesday night it starts building up resistance and stress in the body with the goal of not attending the seminar. By Friday evening the real estate agent is so congested and weak from lack of energy that he is too sick to attend the seminar. As a result, his Inner Parent reluctantly gives in and cancels his seminar plans.

**In this Self-Parenting resolution both parties lose.** The Inner Parent (as well as the Inner Child) misses out on an important seminar that is crucial to his future, and the Inner Child (as well as the Inner Parent) doesn't get to go skiing. Neither Self has any of its primary needs met.

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## Win/Lose



**Win/Lose Self-Parenting** is a victory for the Inner Parent but a loss for the needs of the Inner Child.

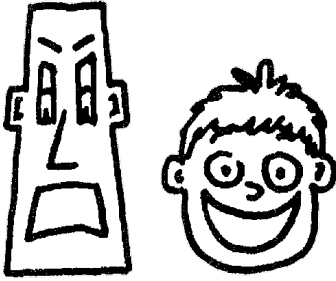
**In the above situation the agent's Inner Parent** continues to intend signing up for the seminar against the wishes and needs of the Inner Child. When the Inner Child starts to manifest its physical symptoms of resistance and rebellion the Inner Parent simply pushes through those symptoms using will power and determination.

In order to push through and “win” over his Inner Child the Inner Parent might read a book on colds and force-feed himself thousands of milligrams of vitamin C. He could initiate a complete food fast to cleanse himself of the toxins created by his Inner Child.

**If he was a strong Inner Parent,** he might even wind up forcing both Selves to attend the seminar even though sick. Somehow, someday, the Inner Parent would use will power to dominate the situation and make sure he attended the seminar, dragging his Inner Child along for the ride.

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## Lose/Win



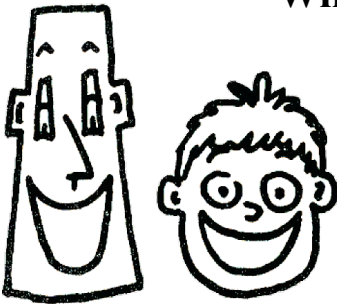
**Lose/Win Self-Parenting** is a **loss** for the needs of the person's Inner Parent but a victory for the needs of his Inner Child.

**In this situation the Inner Child** has many ways of getting his needs met. He might hold up his end of the Inner Conflict too well. After the unilateral Self-Parenting decision by the Inner Parent to attend the seminar, the Inner Child could start nagging with an undercurrent of whining that would soon become a loud roar. By Wednesday the Inner Child could create so many physical symptoms and problems, a weak Inner Parent would cancel the seminar.

On Friday after a missed deadline, an extraordinary and miraculous recovery would occur just in time to be on the slopes early Saturday morning. Even if the Inner Child couldn't ultimately go skiing, he might at least have time for some fun or social needs to be met. He could go out on a date or see a movie he wouldn't have had time for otherwise.

**Thus, the person's Inner Child is happy** because his needs are met, but the needs of his Inner Parent go unfulfilled.

## Win/Win



**The ideal Self-Parenting resolution is the Win/Win option in which the needs of both the Inner Parent and the Inner Child are met.**

**This occurs when each voice in the Inner Conversation gets exactly what it needs and wants. Win/Win could also occur as the result of a compromise by which both Inner Voices accept an alternate solution.**

Although option four is the most satisfying choice, it takes a skilled and committed Inner Parent to pull it off. The two Selves must communicate their needs to each other and agree that each set of needs has the right to be fulfilled.

---



## How This Inner Conflict Was Resolved

**In this case the Self-Parenting student** recognized that he was suffering from an Inner Conflict. As the Inner Parent he had decided unilaterally to go to the seminar. As his Inner Child began to manifest symptoms of resistance by getting sick, he noticed the two Selves arguing back and forth inside his mind and realized something was wrong.

**He took the time to pull** out his “Inner Conversation Dialogue Sheet” and

**He started  
writing out  
his Inner  
Conversation!**

**Since he had also been doing** his thirty-minute sessions of personal Self-Parenting each day and was newly sensitive to the needs and desires of his Inner Child, he recognized the characteristic rebellion and resistance that was typical of his Inner Child.

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**Feeling and reading the signals his Inner Child** was sending through the way his body felt, he wrote them down on the Inner Conversation Dialogue Sheet. Thus, he became aware of his Inner Conflict as well as the needs of both his Inner Parent and Inner Child. As a result of writing out his Inner Conversation the following facts became obvious:

**One: His Inner Parent didn't care** about missing work; it just didn't want to miss the seminar.

**Two: His Inner Child was happy** enough to go to the seminar, but it didn't want to spend all its time working and not having fun. Plus, the Inner Child's need to go skiing was too powerful to ignore.

**Three: The two Inner Selves agreed** that it was somehow possible for both of them to get their needs met.

The Self-Parenting student then guided his two Inner Selves through the problem-solving steps making sure that each Self was getting its full expression of needs. Once awareness had surfaced through the Inner Conversation Dialogue Sheet, the following Self-Parenting solution took form.

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## Final Result of the Win/Win Solution

The real estate agent decided to take two days off work and go skiing on Thursday and Friday. Both Selves then agreed to happily attend the seminar on Saturday and Sunday.



In this situation each Inner Self was happy, maybe even ecstatic. The Inner Parent was able to attend the seminar which he knew was important and shouldn't be missed. He went skiing, took two days off, and was also quite happy not to be working twelve days in a row.

---

**His Inner Child on the other hand** not only went skiing but left two days earlier to ski in fresher snow, with much less crowded weekday conditions.



**You won't see this Inner Child** getting sick on Wednesday. No way! With this Win/Win solution both Selves win, neither side loses, and the needs of both Selves are fully met. Positive Self-Parenting was the key to resolving this Inner Conflict.

---

Although this solution may now seem simple, even obvious, it is worthwhile noting that if

this was your own Inner Conflict with your own unique circumstances it would not be so easy for you to sort out such a Win/Win solution. Part of the problem with an Inner Conflict seems to be that the person having it is the most blind to realizing it.

**Many beginning and intermediate Self-Parenting students** fully understand the mental dynamics of an Inner Conflict, yet when they are having one, they are too preoccupied by the physical symptoms and emotional/mental stress to recognize the cause.

This above resolution demonstrates sophisticated awareness, deep understanding, and expert skill in resolving Inner Conflicts, which you can acquire as well.

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# 7

## EIGHT STEPS OF INNER CONFLICT RESOLUTION

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## The key to resolving Inner Conflicts is positive Self-Parenting for the needs of both Inner Selves.

Your Inner Parent must take responsibility for resolving the Inner Conflicts that arise. Your Inner Child can't do it because it doesn't know how. People in the outside world can't do it because they won't hear the Inner Conflict inside your mind. Besides, they don't know you as well as you know yourself.

Your own Inner Parent has the strongest motivation to:

**One:** Recognize an Inner Conflict.

**Two:** Use Win/Win Self-Parenting methods to successfully resolve the conflict.

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During a typical Inner Conflict, the unaware or untrained Inner Parent unknowingly uses the Win/Lose method to resolve conflicts. This may temporarily satisfy the short-term needs of the Inner Parent, but of course, it is unhealthy for the long-term needs of the Inner Child.

Occasionally a rebellious or strong-willed Inner Child will create a Lose/Lose or Lose/Win situation to salvage its self-respect. But these three Self-Parenting options are unsatisfactory for the optimum functioning of both Selves. Within your Inner Conversations, either Self making a conflict resolution decision on its own invites failure.

---

## The Inner Parent has the responsible role when Self-Parenting Inner Conflicts.

Its role is to make decisions, choose options, and evaluate the important aspects of your life. For best results however, it must do this with the cooperative energies and input of the Inner Child. If your Inner Parent tries to Self-Parent without the positive cooperation of your Inner Child, it will fail.

You, as the Inner Parent, must assume the role of loving, supporting, and nurturing your Inner Child. By doing so, you can make your life full and satisfying for the first time since you were a child, as well as keep it that way for the rest of your life.

**Any time you have a severe Inner Conflict** you will need to take the following Self-Parenting steps, in sequence, to establish and fulfill the needs of both your Inner Parent and your Inner Child.

Similar problem-solving methods have long been established by psychologists and negotiators for use in resolving the conflicts in outer relationships. These methods have been adapted here for you to resolve Inner Conflicts within your Inner Conversations through positive Self-Parenting.

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## **Step One:**

Recognition by  
your Inner Parent  
that you have an  
Inner Conflict.

**Your Inner Parent realizes you are** trapped in an Inner Conflict when your body, emotions, and thoughts are immobilized by inaction, indecision, or a constant, heated Inner Conversation that remains unresolved.

**Your mind may be involved in** an Inner Conflict for hours, days, or weeks. But until your Inner Parent consciously recognizes this fact and takes steps to correct it, your Inner Parent and Inner Child will continue to battle mentally.

---

## Step Two:

Your Inner Parent makes the decision to positively Self-Parent your Inner Conflict by writing out your Inner Conversation.

Your Inner Conflict involves a conflict of needs between your two Inner Selves, but sometimes it is difficult to determine what those needs are until the Inner Conversation is written out in an objective manner.

This is why the *Inner Conversation Dialogue Sheet* was created. Writing down the Inner Conflict on paper—in your own handwriting—separates and clarifies the demands of both Selves.

Step Two makes it easier for you to objectively determine what needs underlie the arguments of the two Selves and will help you determine how you are blocking your creativity or productivity. Take enough time during Step Two to write down your entire Inner Conflict carefully and completely.

---

## Step Three:

List the specific needs of each Inner Self.

**Once the comments (and complaints!) of each Self** are written down, you can determine what the specific needs of each Self are on the back of your Inner Conversation Dialogue Sheet.

Both sides must have their needs met. This Self-Parenting step is crucial for returning your Inner Conversation to its normal, happy, and productive state. Many times, your Inner Parent will be unwilling to give in to the demands of the Inner Child because they seem so outrageous. But underlying these demands are genuine needs, and once you discover the true needs of your Inner Child, you will naturally want to fulfill them.

The primary needs of your Inner Child are for physical or emotional comfort, security, stimulation, physical contact, love, attention, approval, or acceptance. One or more of these basic needs will always underlie even the most outrageous demands or wants of your Inner Child.

---

## **Step Four:**

Your Inner Parent and Inner Child mutually decide and agree that the solution for this Inner Conflict must be acceptable to both Selves.

**Once the needs are clear,** the two Selves must agree to help and support each other to satisfy those needs. Sometimes this is the hardest step when it could be the easiest, because neither the Inner Parent nor the Inner Child will give up its desire to win at any cost.

Special care, practice, and consideration must be taken by both selves to agree to consciously cooperate with each other before going on to Step Five.

---

## Step Five:

The Inner Selves search together for solutions to the Inner Conflict.

**Positive Self-Parenting will focus on ways** to meet the needs of both Inner Selves. Generate as many ideas as possible to accomplish and accommodate the needs of each Self during this step.

The key to Step Five is to be creative. List in two columns as many solutions as possible which meet the needs of either your Inner Parent or your Inner Child. List ANY solutions during this step that meet the needs of either Self, even if they seem impractical or don't help the other Self. Generating as many various solutions as possible stimulates the creative juices of both Selves to solve their mutual problems.

**Sometimes you may simply need more** information to solve your Inner Conflict. Talk to friends, ask advice from experts, read books, do library or internet research, or make phone calls. Be willing to do whatever it takes to find answers and potential solutions for the needs of both Selves.

---

## **Step Six:**

Your Inner Selves  
choose a mutually  
acceptable solution that  
meets both their needs.

Through the idea generation process in Step Five, some solution or combination of ideas will evolve that both your Inner Parent and Inner Child can get excited about. This may be a best-of-both-worlds solution, as in the seminar vs. skiing example. Or it may be a situation which boils down to a choice between the lesser of two evils.

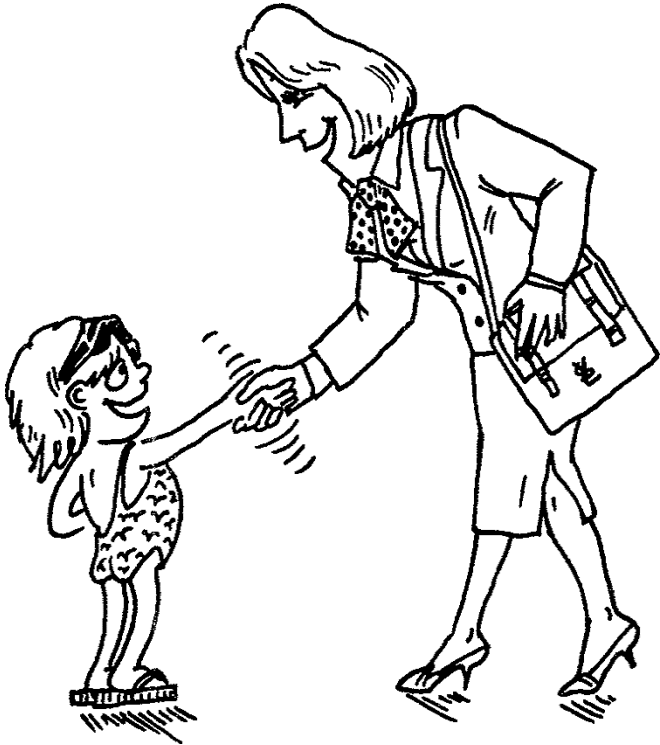
If all angles and creative ideas have been mutually explored, the solution or compromise will be agreeable to both Inner Selves as the best solution possible at that time, for that situation.

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## Step Seven:

Your Inner Parent and Inner Child put the solution in motion.



This will be the easy part since both Selves had a hand in evolving the solution and will be optimistic about the outcome.

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## **Step Eight:**

Both Selves evaluate the solution for workability and satisfaction.

**Evaluate the success of your mutual** endeavor.

After you put the solution into place, was it a successful answer for this Inner Conflict? Was your Inner Child happy? Did the compromise satisfy your Inner Parent? Could anything be changed for the better next time? If the same problem came up tomorrow, do you know more now or would you do something differently to solve it ?

Use each experience of solving Inner Conflicts to smooth out and pave the way for future problem-solving.

---

**The best method for heading off** Inner Conflicts before they arise is to learn about and become more familiar with each Inner Self and its personality beforehand. Each Self is unique, with special needs and circumstances. As more and more conscious experience and interaction accumulates through practice of the Self-Parenting Exercises, your Inner Parent and Inner Child will get to know one another much more intimately.

**As you, the Inner Parent, cooperate** with you, the Inner Child, to resolve Inner Conflicts, a new confidence and trust will develop between your two Selves. Both will learn to be more open and aware of each other's needs. As in every successful relationship, the two Inner Selves will grow in understanding and commitment as they both learn to trust and depend on each other.

**This self-confidence and self-mastery for finding** Win/Win solutions acceptable to both Inner Selves will make each resolution of Inner Conflict progressively easier.

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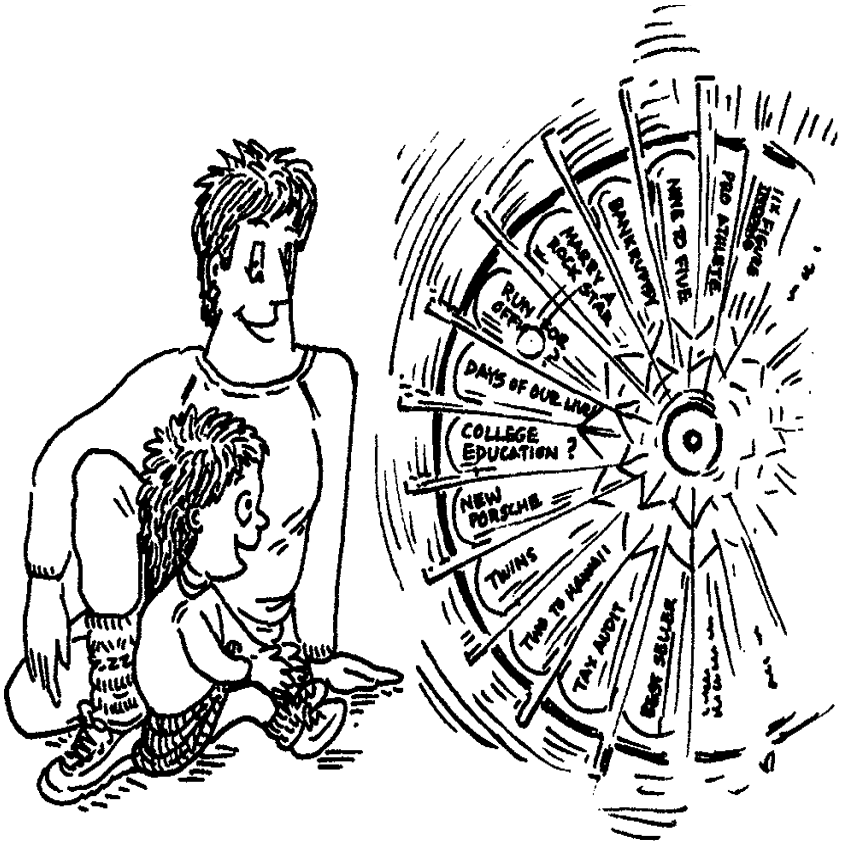
**Through commitment and practice, Win/Win solutions** for your Inner Conflicts will become the norm.

**When you, as an Inner Parent,** consciously and actively work with your Inner Child towards a Win/Win solution, you will create a whole new perspective on life.

**You will develop successful skills for** living that will benefit you for the rest of your life. I advise you to start making room right now for all the happiness, love, and joy that you've always wanted and is now available to you.

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# 8

## SELF-PARENTING YOUR INNER CONFLICTS: YOUR FUTURE

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**The key to positive Self-Parenting is** to resolve any Inner Conflicts you have by practicing and listening to your Inner Conversations.

- Do you have a weight problem?
- Are you unhappy or lonely?
- Do you have job-related stress?
- Are you having trouble deciding where to go to school or what to study?
- Are you getting a divorce or making decisions as to where to live or with whom?

**These are serious situations or dilemmas.** Listening to your Inner Conversations and practicing the Self-Parenting Exercises is the ideal way to work them out.

Although this book **is written** in a light and easy-to-read style, the principles underlying Self-Parenting in your Inner Conversations result from a sophisticated understanding of the human mind.

Once you understand how your Inner Conversations influence your behavior, there are many applications for Self-Parenting which have long-term beneficial effects that can truly transform your life.

---



**There are three levels or depths for understanding** the true value of Self-Parenting in your Inner Conversations. These levels also represent the steps you must take to unlock the treasures inside your mind as well as conquer past, present, and future challenges.



## **Level One Self-Parenting:**

Learning to recognize the voices of your Inner Conversations so you can separate the Inner Parent from the Inner Child.

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Your thoughts, judgments,  
and analyses represent  
your Inner Parent.

Your feelings, emotions,  
and responses come  
from your Inner Child.

**Easy to understand intellectually, this idea** is so much harder to realize within your own mind. The leap from intellectual realization to emotional understanding, and finally to practical application takes time and discipline. You have taken the first step, of course, by reading this book, and if practical, attending a Self-Parenting on-line workshop.

For many people the idea of having Inner Conversations is a new one. Others may have subconsciously heard their Inner Conversations during the day. But since they did not understand who the participants were, they never really “listened” to what was actually being said. Their Inner Parent simply unconsciously Self-Parented their Inner Child in the same manner in which they were raised.

---

**Level One Self-Parenting of your Inner**

Conversations is similar to reading about a new program of physical exercises. Discovering a better and easier way to exercise can inspire you to think about exercising.

**Even if you like and understand** the logic behind “how and why” to exercise, if you don’t actually practice the new exercises, you won’t get the benefits. By the same principle, until you practice the Self-Parenting Exercises in Part III, you will remain at Level One understanding.

Others may have the attitude, “I know all about this, I studied it years ago in a psychology class,” or “I read a book about something like that.” However, attaining intellectual realization (Level One understanding) is only the first step to achieving the full self-actualization that is possible. As you will discover, going beyond Level One into Level Two Self-Parenting is emotionally more satisfying.

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## Level Two Self-Parenting:

Getting to know your Inner Child becomes a foregone conclusion once you start following the *Ten Steps to Intermediate Practice* as outlined in Part III. This gives you the best start possible for beginning this practice.

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You will get to know your  
Inner Child by practicing  
the Self-Parenting  
Exercises.

Starting with the first session you will begin to separate the two voices inside your mind so that each side can be heard more clearly. You will also begin to experience your own style of creative Self-Parenting dialogue.

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Practice just thirty  
minutes a day and  
you will soon  
discover something  
truly unique.

You truly do have an Inner Child voice with its own perspective and viewpoints.

This voice is above and beyond what you most likely assumed while reading this book. As you accumulate half-hour sessions a deeper and more magical awareness of your Inner Conversations takes place.

It only takes two to four weeks of half-hour sessions to begin realizing exceptional progress.

Soon you will tap into the power and beauty inherent within these concepts. Level Three understanding automatically occurs as a natural extension of getting to know your Inner Child.

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## **Level Three Self-Parenting:**

Changing any patterns of negative Self-Parenting to positive patterns of loving, supporting, and nurturing your Inner Child.

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Level Three Self-Parenting is understanding your Inner Conversations well enough to use them on an ongoing, daily basis, to love, support, and nurture yourself.

At Level Three you will discover that you don't really have many outer problems at all. You mostly have Inner Conflicts that remain unresolved, simply because you haven't addressed the issues at their source — inside your mind.

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It's also possible that longstanding negative parental programming may be too solid or painful to excavate on your own.

The psychological patterns which develop from unusually harsh parenting (such as by parents who were dysfunctional, substance addicted, or chronically depressed) can be too subtle or deep to see from Level One or even Level Two awareness.

Your early childhood experiences (and thus the voice of your Inner Child) may be too uncomfortable to uncover and can literally be blocked from your awareness.

In these circumstances a trained professional can help you to gently clarify your Inner Conversations and lead you to more positive Self-Parenting. Many of us are unfulfilled or unhappy simply because we don't take the time needed to love, support, and nurture our Inner Child in the most aware and knowledgeable manner possible.

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## Conclusion

Don't be content with only Level One awareness of your Inner Conversations. Practice the Self-Parenting Exercises in Part III. Seek the deeper awareness of how your mind works.

Once you achieve Level Three awareness, use your half-hour Self-Parenting sessions to crack open the cognitive barriers between you and the powers of your mind. Your potential as a human being is awe inspiring. Start living up to it!

Happiness, fulfillment, and meaning in your life are the natural consequences of positive, loving, and nurturing Self-Parenting.

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Too many people seek an external Self-Parenting substitute; something or someone outside themselves to care for and understand their needs and take responsibility for their lives.

Unfortunately, if our physical, emotional, mental, and relational needs are not met from within our own Inner Conversations and family support system, they will never truly be met from a more distant source such as a job, possessions, or society.

The best source of loving, supporting, and nurturing is the one you control, positive Self-Parenting within your own Inner Conversations.

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The most important aspect of your Inner Conversations is that you are consciously Self-Parenting your Inner Child. Don't just learn or read about it. Practice to genuinely build your self-esteem when you feel emotionally depressed, afraid, bored, or angry.

Use Self-Parenting as a tool to problem-solve Inner Conflicts when you are really down.

Use your Inner Conversations for self-nurturing and meeting your own needs, rather than hoping for possessions or other people from "out there" to provide them.

When parents properly nurture an outer child, it grows up with a powerful sense of self-esteem and self-respect, along with an intuitive experience of its own connection to others. A completely nurtured child is capable of everything and anything. When this child becomes an adult, he or she can achieve whatever they truly desire in life.

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By reestablishing this same foundation through positive Self-Parenting within your Inner Conversations, you will achieve the same, positive results.

**Gradually you can uncover any negative** aspects of your Inner Child and change them to be positive. Soon you will find your Inner Child becoming more self-sufficient, more dependable, more reliable, and more responsible. The energy your Inner Selves previously wasted fighting each other can now be released with double the power to attain your mutual goals.

Self-Parenting is a powerful practice for achieving self-actualization. By doing your thirty-minute sessions properly and staying with them you can achieve almost anything. After several months of Level Three Self-Parenting, your Inner Parent and Inner Child will become truly cooperative and completely nurtured. You will become a very powerful person able to make miracles happen in your life.

It's never too late to begin making your life work just the way you've always desired!

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You can also use  
Self-Parenting as  
a counseling tool  
with others.

It's a wonderful understanding to share with your friends. Compare and contrast what their Inner Parent and Inner Child are saying.

Notice where they have become stuck by repeating nonnurturing behavior that they learned from their parents.

Your experience and knowledge can assist them in loving, supporting, and nurturing the needs of both their Inner Selves.

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**Your relationship with your Inner Child** is the only relationship you can be absolutely certain you will be in for the rest of your life. You and your Inner Child will be having Inner Conversations for as long as you live.

If you start Self-Parenting now with love, support, and nurturing, your future can only be brighter and more fulfilling.

**I wish you the greatest success** in learning, understanding, and working with your Inner Conversations. I know by reading this book you have gotten to know your Inner Child more and I hope you will continue to study how to love, support, and nurture him or her.

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# PART III

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## THE SELF-PARENTING EXERCISES

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9 | OPENING THE  
DIALOGUE BETWEEN  
INNER PARENT &  
INNER CHILD

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## Introduction

You are now familiar with the two voices inside your mind: your Inner Parent and your Inner Child. You also know how to Self-Parent when you encounter Inner Conflicts. The next step of positive Self-Parenting is to become more aware of your Inner Conversations. Start tuning into them on a daily basis to discover which voice is which. YOUR INNER CONVERSATIONS ARE GOING ON ALL THE TIME!

To gain the positive benefits of Self-Parenting, the Inner Parent has the initial responsibility for studying and developing your Inner Conversations. Part III outlines the positive steps to assist you in this process. The next two chapters will provide and teach you the format of the Self-Parenting sessions.

Here you will experience your first two weeks of positive Self-Parenting exercises and learn how to recognize the voice of your Inner Child. Chapter Eleven outlines the Ten Steps to Intermediate Self-Parenting sessions. Chapter Twelve offers additional ways to improve your happiness when Self-Parenting in the “real world.”

You, as the Inner Parent, must practice if you want to Self-Parent your Inner Child in a nurturing and supportive way. This learning begins in the same way that outer parents might correct problems with an outer child. Let’s suppose an outer parent is experiencing a lack of communication with his/her child, who is turning into a difficult disciplinary problem.

One day the parent reads a book or attends a lecture on effective parenting techniques. As a result, of new ideas

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(which they never knew existed), the parent realizes their problems with the child are actually the result of their poor parenting skills rather than any fault of the child's. Until now the parent has unknowingly been using non-nurturing parenting techniques. Naturally the parent decides to change his/her methods at once.

Changing a day-to-day parenting style may prove difficult however, because now the parent has a brand-new problem. Having just learned these new parenting techniques, he/she will have to practice these new methods a while before they gain proficiency.

Also, since the child is being exposed to a radical new parenting style, he or she may not like it and become even more rebellious. If the child hasn't liked the style of parenting received until now, why would he/she think a new approach will be any different?

Yet, through practicing the new parenting style with consistency, the parent gains new skills and confidence. As the outer child begins to experience the benefits of more positive parenting, he/she responds with a different attitude. As a result of the initial study and changes made by the parent, along with the changing response of the child, the relationship between them gradually and permanently improves.

In the same way, you (the Inner Parent) are responsible for correcting your half of the Inner Conversations first. As your Inner Parent starts Self-Parenting properly, the response from your Inner Child will naturally be positive. Following the guidelines in these chapters will ensure your success.

You fulfill your Self-Parenting duties by learning the generic principles and dynamics of your Inner

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Conversations, as well as by developing ways to personalize and implement these new concepts into your daily life. You must unlearn the bad habits perpetuated from your parents as well as develop new methods and techniques for positive Self-Parenting.

Your initial energy for change, provided by your Inner Parent, will carry this plan of action far enough for both of you to get a taste of the Inner Child's ENTHUSIASM!

Once the positive benefits of working with your Inner Conversations are gained, the two Inner Selves will continue to motivate each other. As the Inner Parent and Inner Child improve their relationship through daily thirty-minute sessions, the momentum and excitement for positive Self-Parenting builds rapidly.

Your daily Self-Parenting Exercises are the next step to gaining these benefits. To begin this process your Inner Parent leads the way by paying conscious attention to the voice of your Inner Child. These thirty-minute sessions become a commitment by your Inner Parent to provide you and your Inner Child undisturbed access to each other, so you can get to know each other more completely.

During the first week the goal of your Self-Parenting sessions is for you, the Inner Parent, to simply start listening for and beginning to hear more clearly, the voice of your Inner Child. All you are really doing is listening and allowing your Inner Child to express itself without any negative feedback.

As you become more conscious of what your Inner Child wants and needs, you can start using positive Self-Parenting techniques and methods to build a more mutually nurturing relationship.

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If you begin the advanced exercises of Chapter Eleven before establishing a relationship of trust with your Inner Child, the Inner Child will not feel safe enough to participate and your sessions together will be ineffective.

To begin daily sessions and explore deeper levels of your Inner Conversations, I recommend the following format. This is the method taught by the Self-Parenting Program and has proven very successful for students practicing these daily sessions.

## **STEP 1: ESTABLISHING THE SETTING**

The first step is to establish a quiet and comfortable setting for your daily Self-Parenting sessions. As the Inner Parent, you do not want distractions such as television, radio, work, or phone calls to pull your attention away from your Inner Child.

One caution, however, this is not meditation with “closed eyes in a darkened room.” The ideal situation is a quiet environment with moderate lighting. You should be sitting up and alert, not tired or fatigued. Both Selves need conscious concentration to participate in this process.

Make every effort to have your sessions at the same time and place each day. Your Inner Child loves consistency and will look forward to spending special time alone with you, the Inner Parent, each day. For the overwhelming majority of Self-Parenting students, the optimum time for sessions has been just after waking up in the morning. There are several reasons for this.

One major benefit is starting your day with the positive energy of conscious communication between your two selves. Student after student has said that beginning the

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day with a Self-Parenting session has made a complete difference in the way their day went. Even if you are sleepy and dull at the beginning of your session, you will be rewarded by the results of your day.

One student, who said she could never get up early for any reason, described how after starting sessions first thing, she now gets up two hours earlier than she ever had before.

Once your day begins there are too many opportunities for distractions and “emergencies” to provide an excuse for your Inner Parent to miss a session. If you try for a few stolen moments in the afternoon as a homemaker, for example, that’s just when the kids come home, the doorbell will ring, or the repairman will arrive.

If you work a night shift, the ideal time is still whenever you wake up before you start your day. This way you will have the positive energy of your Inner Child to use for your night job. Self-Parenting students who attempt doing their sessions at night before bed find them less effective because of their fatigue after a long day and the waste of their session’s momentum by going to sleep.

If, due to privacy or other considerations, it is impossible to do your sessions first thing, try consistent times such as a break between classes or perhaps at lunch in your car. But definitely hold your sessions at a consistent time during the first half of the day. The Inner Child wants to know that it is loved and that you, as the Inner Parent, truly care. The major proof of this for your Inner Child is the consistency of your half-hour sessions.

Begin each half-hour session by speaking the standard introduction out loud. This gives a clear indication to your Inner Child that you are starting your session and what you are going to do. This daily introduction also allows the Inner

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Child psychological time to prepare for the session. I still do this myself even after 30+ years of daily practice.

When you are comfortable and have prepared yourself to not be disturbed, start your session with the following introduction. Read it out loud to your Inner Child. just as if you were talking to another person in the room.

**Dear Inner Child,**

**Good morning to you. I, as your Inner Parent, want to spend the next thirty minutes or so with you in order to get to know you better.**

**Knowing you and learning more about you is very important to me. I would like you, the Inner Child, and me, the Inner Parent, to understand and enjoy each other more completely. As you and I learn to communicate more openly, we will both be happier.**

**I am going to ask you questions about things you know and experience so that I can learn more about your personality, feelings, and opinions. Please feel free to answer these questions as simply or as completely as you like.**

**My goal during the next thirty minutes is to listen to you as best I can without judging or criticizing what you tell me. I really do want to get to know you and your viewpoints better.**

**I would also like you to know that even though I will be doing my best to listen without judging or criticizing, I realize I could possibly make some mistakes. Since I know this, I apologize right now in advance.**

**As soon as I become aware that I am not listening to you objectively I will apologize again and go back to listening to your answers as best I can. Thank you for your cooperation.**

**The one who wants to know you best,**

**Your Inner Parent**

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## STEP 2: ASKING QUESTIONS

The next step of positive Self-Parenting is simply for the Inner Parent to start asking the Inner Child some “door-opener” type questions. Ask these questions using this format:

**“Inner Child, \_\_\_\_\_?”**

Speak these questions firmly and out loud, as if you were talking to another person. As you speak out loud, ***write the question as you speak the words*** on the left-hand side of the paper. Write and speak at the same time and speed. You may have to slow your spoken question down to keep pace with your writing. ***Time it so your spoken question and writing end at the same time.*** This causes your Inner Parent side to engage completely and then stop.

Once you have completed speaking the question out loud and writing it at the same time, your Inner Parent mind will stop. Now, listen in a quiet way for the answers from your Inner Child. What you hear next will be your question being answered as thoughts or mental impressions inside your mind. ***This is the voice of your Inner Child responding to your questions!***

A key principle of these Self-Parenting sessions is that when you are speaking aloud and engaged in writing, you are using the voice of your Inner Parent.

During the silence after the question, your thoughts and feelings will be the voice of your Inner Child. By artificially separating the two Inner Selves in this way, you can learn to differentiate the two voices more easily.

For many of you this process will be very easy. The questions you ask will elicit strong responses and your Inner Child will start giving you answers straight away.

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Sometimes the answers may be short or slow in coming, especially if you have suppressed your Inner Child for many years.

Don't worry if you don't hear anything immediately. Sometimes it takes a while for your Inner Child to catch on and trust what you are doing. The Inner Parent can also be a bit uncertain about the technique since this is a new practice. Either way, practice over time will smooth out the process.

As an Inner Parent you might read over the questions and think to yourself, "Wow, this is stupid. I know all the answers to these questions already." This attitude is one of the main problems with the Inner Parent. It thinks it knows all the answers. Self-Parenting sessions work best when you ask these questions of the Inner Child with a fresh attitude, as if to a complete stranger.

At other times the Inner Child's response may be surprisingly intense and emotional. **DON'T WORRY IF THE ANSWERS FROM YOUR INNER CHILD ARE STRONGLY INTENSE OR DIFFERENT FROM WHAT YOU (the Inner Parent) MIGHT HAVE THOUGHT THEM TO BE.**

Your Inner Child is a different personality than your Inner Parent. A different answer from what you might have expected, *is a sure sign that your Inner Child is actually talking to you.*

### **STEP 3: WRITING DOWN YOUR INNER CHILD'S RESPONSE**

After you have asked your Inner Child a question using the "speaking out loud while writing" format, drop a line on the page and write down the thoughts that come into your mind on the right-hand side of the paper.

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We write down the responses of your Inner Child as part of your Self-Parenting session for two reasons. One is to have a permanent record of your Inner Child's answers to your questions. Another reason is that writing down the responses of the Inner Child is a crucial aspect of the positive Self-Parenting process.

For example, suppose you ask your Inner Child the following question out loud:

“Inner Child, how are you doing today?”

In your mind you will hear thoughts or feel mental impressions such as:

“I am doing fine.” “My head hurts.”

“I'm tired.” “I'm excited to be doing this.”

“I'm uncomfortable sitting in this chair.”

“I'm not sure what you want me to say.”

“I'm nervous.”

***This is the voice of your Inner Child responding to your question!***

Whatever your Inner Child says—WRITE DOWN the exact responses exactly as the Inner Child says them. Writing down the responses of your Inner Child serves the very important function of separating the thoughts of your Inner Parent from the feelings of your Inner Child.

During this first week's sessions, you must establish a strong separation between the verbal questions of your Inner Parent and the silent responses of your Inner Child.

As you hear or feel the responses of your Inner Child inside your mind, write down what you hear being said, using the same words that it uses:

“I am doing fine.” “My head hurts.”  
“I’m tired.” “I’m excited to be doing this.”  
“I’m uncomfortable sitting in this chair.”  
“I’m not sure what you want me to say.”  
“I’m nervous.”

Your Inner Child may talk briefly and have nothing more to say, or it may go on and on. In the beginning it may be shy or confused. Your Inner Child may also try to give you a response it thinks you want to hear, rather than telling you how he or she actually feels.

During these beginning sessions evaluate the response timing with your Inner Child as if you were in a conversation with a good friend. Don’t leave a question too soon if, as the Inner Parent, you feel the Inner Child may have more to say.

On the other hand, don’t let mental silence drag out too long. Your initial Self-Parenting sessions may require some timing adjustments for both Inner Selves.

A frequent problem during your early Self-Parenting sessions is negative feedback that comes automatically from the Inner Parent, such as judging, commenting, or in some way interfering with what the Inner Child says.

For example, in response to a question such as who it likes the most, your Inner Child may give you an answer your Inner Parent thinks is preposterous, in which case it starts to respond critically right away.

Or there may be negative opinions and emotions coming from your Inner Child that take your Inner Parent completely by surprise. Before you know it, your Inner Parent “thinks back” twelve negative thoughts to the one honest response of your Inner Child!

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Instead of reacting negatively (or positively, for that matter) to the answers, simply write down completely whatever your Inner Child says. You will know if you are judging positively or negatively as the Inner Parent, by the extra thoughts in your head which are not a response to your question but come into your mind as mental feedback to what your Inner Child said. They will be parental sounding judgments or advice such as good/bad, right/wrong, or better/worse.

When you do have Inner Parent thoughts or judgments (and you will) don't worry, because everyone does at first; it is unavoidable. In fact, during your standard introduction, you have already pre-apologized to your Inner Child in advance for this very behavior!

Just remember the following. When you do find yourself arguing, judging, or thinking that the response of your Inner Child is "wrong," or "stupid," be sure to STOP right away and APOLOGIZE again by saying out loud:

**"Inner Child, I'm sorry. I was judging what you told me. Please go ahead with what you were saying before I interrupted. I will keep practicing not to do this in the future."**

Remember, your job as the Inner Parent during these sessions is to be the receiver and reflect like a mirror what the Inner Child is saying. Your Inner Child must feel more safe and secure answering questions during your Self-Parenting sessions than at any other time of the day.

Any strange or unusual answers you get will only help you discover more and more about your Inner Child's thoughts, feelings, and needs, which of course, is the purpose of the Self-Parenting sessions in the first place!

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ACCEPT WITHOUT MENTAL JUDGMENTS THE ANSWERS OF YOUR INNER CHILD DURING THESE SESSIONS!

For the first two weeks, you (the Inner Parent) never want to judge or condemn anything your Inner Child says, even if your Inner Parent knows it to be completely wrong. When you become an Intermediate Practitioner, your Inner Parent will have the opportunity for interaction with your Inner Child.

The worst thing you can do during the initial Self-Parenting Exercises is to impose your old parental style patterns on your Inner Child or stop the session because your Inner Parent doesn't like what your Inner Child says.

If you do this you will upset your Inner Child because you have judged it critically for giving you an answer that you, the Inner Parent, asked for in the first place.

This would be like an outer parent punishing a child for telling the truth. The outer child quickly learns not to tell the truth, and in the same manner your Inner Child will quickly learn not to respond honestly to your questions.

## **STEP 4: THANK YOUR INNER CHILD FOR ITS RESPONSE**

After you have written down the full response of your Inner Child exactly as you hear it, be sure to thank it for answering you openly and honestly. Do this after each question. Direct the following statement to your Inner Child inwardly but remember to say it out loud:

***“Thank you, Inner Child, for telling me that.”***

Thanking your Inner Child out loud after each question allows it to feel happy and secure since, for the first time, it

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is being heard and accepted without judgment or disapproval.

The Inner Parent's question, the Inner Child's response, followed by a positive acknowledgment from the Inner Parent, begins the loving, supporting, and nurturing that is such an important aspect of Self-Parenting.

This alone will start to build positive "points" with your Inner Child, which will contribute to your well-being throughout your day.

The proper way to record your "Thank You" statement is, after writing what your Inner Child says, drop down one line on the page. Then, at the start of the left-hand side, write the initials TY and circle them in at the same time as you are making the statement out loud.

This is a shortcut to writing out the whole statement each time and it also keeps a record that you did, indeed, acknowledge your Inner Child's response. Plus, you are continuing the technique of speaking out loud and writing at the same time.

## **STEP 5: END THE SESSION**

The ideal Self-Parenting question and answer session is thirty minutes. It's not important how fast you proceed through these questions or even if you complete all of them in one session. What is important is that you, as the Inner Parent, have taken a full half-hour out of your busy schedule to love, support, and nurture your Inner Child.

On the other hand, you and your Inner Child could start having such a good time that neither of you wants to stop so you might want your early sessions to go longer. It's recommended that you do not give in to this tempting

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pleasure. Limiting session times to only thirty minutes has given Self-Parenting students the best overall results.

It is the consistency of the Self-Parenting sessions over time that brings benefits to your daily life. A session that goes on too long in the beginning causes your Inner Child to feel too invigorated or exhilarated. Maybe because you feel so good, you wind up skipping your sessions for a few days.

It will then become much harder to start up again because you have lost your positive momentum. There is also a feeling of betrayal on the part of your Inner Child who feels that the Inner Parent started something good and then stopped it.

Also, thirty minutes is the ideal slot of time to inject into a busy lifestyle, especially on a daily basis. Once it becomes a habit, it's very easy to sustain. This becomes your Inner Child's "me time" and is looked forward to on a regular basis.

So, after thirty minutes it is time to end the session. Again, use the standard closing and read it out loud. This lets your Inner Child know that the session is over and also contributes to their consistency. The following statement works well as a closing.

**Dear Inner Child,**

**It has been thirty minutes now since we have been talking and sharing with each other. I really have enjoyed it and I feel grateful that we could spend this time together.**

**Tomorrow let's do it again and have just as much fun.  
(You might also include some special words of appreciation specific to the session.)**

**Thanks again,**

**Your Inner Parent**

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Repeat this process of asking questions, writing down the responses, and thanking your Inner Child for thirty minutes each day. As a result, you will start hearing YOUR Inner Child with a much clearer and much stronger voice during the rest of your daily activities.

## GETTING READY FOR YOUR SESSIONS:

You will need a pen, a binder of  $8.5 \times 11$  (or A4) notebook paper, and a comfortable surface for writing down the responses of your Inner Child. Start each new half-hour session with a new sheet of paper.

At the top of the page put the *Day*, *Date*, and *Time* you start your session. It's also a good idea to put the *Session #* as well. This way months down the line you'll know how many Self-Parenting Sessions you've accomplished so far.

Draw a line down the middle and label the top left side **INNER PARENT**, and the top right side **INNER CHILD**. Keep your written responses in a three-ring notebook that you save just for this purpose.

Keeping a chronological record of your sessions also enables you to work with others to improve your Self-Parenting skills. You can share your sessions with others to help you work through trouble areas.

Perhaps you are involved in a Twelve-Step Program or a SELF-Parenting Support Group. Many therapists will also help you sort out problems you might have. To gain the full benefits of evaluating your Self-Parenting sessions, having them written down is a must.

The initial goal for your Self-Parenting sessions during this first week is simply to establish a consistent amount of

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time each day to love, support, and nurture your Inner Child. This demonstrates to your Inner Child in a concrete way that you, as the Inner Parent, are serious about changing your previous Self-Parenting patterns.

Practicing the proper form and demonstrating to your Inner Child that you want to actively get to know it better will accomplish wonders for your relationship. This is the most important benefit of the first week of Self-Parenting.

You and your Inner Child need this time to begin to reestablish the bond you once shared. These questions will gently and easily allow your Inner Child to safely express non-threatening answers to non-threatening questions in a non-threatening environment.

The pace of the thirty-minute sessions that follow can vary per person. It takes some practice to get used to the format when first starting out. If you don't finish all the questions during your half-hour, simply start fresh with the next day's session. Also, you can start the following day with the unused questions if you like. Your choice.

If you get to the end before thirty minutes is over, you can simply ask, "*Inner Child is there anything else you would like to say?*" and repeat this as many times as needed until the thirty minutes are up; after which you end with *The Closing*.

The following questions are a suggested schedule for the first week's Self-Parenting sessions. I strongly recommend that you follow the thirty-minute format using these beginning questions.

Please complete these first two weeks of sessions before going on to Chapters 11 and 12.

Enjoy!

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## Day One

The beginning questions you can use are:

- 1) Inner Child, good morning to you.  
Response of your Inner Child.
  - 2) IC, how are you doing today?  
Response of your Inner Child.
  - 3) IC, do you think it's strange to have these Self-Parenting sessions?  
Response of your Inner Child.
  - 4) IC, are you feeling comfortable right now?  
Response of your Inner Child.
  - 5) IC, how did you sleep last night?  
Response of your Inner Child.
  - 6) IC, what did you have for dinner last night?  
Response of your Inner Child.
  - 7) IC, did you enjoy the meal?  
Response of your Inner Child.
  - 8) IC, what are your three favorite foods?  
Response of your Inner Child.
  - 9) IC, when did you last get to eat each of your three favorite foods?  
Response of your Inner Child.
  - 10) IC, what is your favorite movie?  
Response of your Inner Child.
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- 11) IC, what is it about that movie that you like so much?  
Response of your Inner Child.
- 12) IC, who is your favorite actor/actress?  
Response of your Inner Child.
- 13) IC, what is it about that actor/actress that you like so much?  
Response of your Inner Child.
- 14) IC, what is something you did yesterday or this week that you didn't enjoy?  
Response of your Inner Child.
- 15) IC, what is something you did yesterday or this week that you did enjoy?  
Response of your Inner Child.
- 16) IC, what is something fun you would like to do today?  
Response of your Inner Child.
- 17) IC, is there anything else you would like to tell me before we end this session?  
Response of your Inner Child.
-

## Day Two

- 1) Inner Child, good morning to you.  
Response of your Inner Child.
  - 2) IC, how are you doing today?  
Response of your Inner Child.
  - 3) IC, how does your physical body feel  
right now?  
Response of your Inner Child.
  - 4) IC, what is your current emotional  
state this morning?  
Response of your Inner Child.
  - 5) IC, what is your favorite kind of  
music?  
Response of your Inner Child.
  - 6) IC, who is your favorite singer or  
musical group?  
Response of your Inner Child.
  - 7) IC, when was the last time you  
listened to your favorite music?  
Response of your Inner Child.
  - 8) IC, how much music do we have by  
that singer/group?  
Response of your Inner Child.
  - 9) IC, would you like to listen to more  
music by this singer/group?  
Response of your Inner Child.
  - 10) IC, tell me about something you did  
yesterday or last night that you didn't  
enjoy.  
Response of your Inner Child.
-

- 11) IC, tell me about something you did yesterday or last night that you did enjoy.  
Response of your Inner Child.
- 12) IC, what did we eat for lunch or dinner yesterday?  
Response of your Inner Child.
- 13) IC, what was your favorite part of the meal?  
Response of your Inner Child.
- 14) IC, what was your least favorite part of the meal?  
Response of your Inner Child.
- 15) IC, what is another one of your favorite movies that you didn't tell me about yesterday?  
Response of your Inner Child.
- 16) IC, what was it that you enjoyed most about this movie?  
Response of your Inner Child.
- 17) IC, is there anything else you would like to tell me before we end this session?  
Response of your Inner Child.
-

## Day Three

- 1) Inner Child, good morning to you.  
Response of your Inner Child.
  - 2) IC, how are you feeling today?  
Response of your Inner Child.
  - 3) IC, are you comfortable?  
Response of your Inner Child.
  - 4) IC, how do you like doing these Self-Parenting sessions?  
Response of your Inner Child.
  - 5) IC, what would make you feel more comfortable during these sessions?  
Response of your Inner Child.
  - 6) IC, how did you sleep last night?  
Response of your Inner Child.
  - 7) IC, were you comfortable when you slept last night?  
Response of your Inner Child.
  - 8) IC, what is your favorite sport to play?  
Response of your Inner Child.
  - 9) IC, when did you last exercise or play your favorite sport?  
Response of your Inner Child.
  - 10) IC, if you could be any athlete, who would that be?  
Response of your Inner Child.
  - 11) IC, what is it about that athlete that you like so much?  
Response of your Inner Child.
-



- 12) IC, if you had your choice, what would you like for dinner?  
Response of your Inner Child.
- 13) IC, if you had your choice, who would you like to talk to on the phone?  
Response of your Inner Child.
- 14) IC, if you had your choice, who would you not want to talk to on the phone?  
Response of your Inner Child.
- 15) IC, what person do you least admire in the world?  
Response of your Inner Child.
- 16) IC, what person do you admire most in the world?  
Response of your Inner Child.
- 17) IC, is there anything else you would like to tell me before we end this session?  
Response of your Inner Child.
-

## Day Four

- 1) Inner Child, good morning to you.  
Response of your Inner Child.
  - 2) IC, how goes it this morning?  
Response of your Inner Child.
  - 3) IC, how is your physical body feeling  
right now?  
Response of your Inner Child.
  - 4) IC, what is your emotional state right  
now?  
Response of your Inner Child.
  - 5) IC, which room is your favorite  
where we live?  
Response of your Inner Child.
  - 6) IC, what is it about that room that you  
like so much?  
Response of your Inner Child.
  - 7) IC, which room is your least favorite  
where we live?  
Response of your Inner Child.
  - 8) IC, what is it about that room that you  
dislike so much?  
Response of your Inner Child.
  - 9) IC, what would make that room a  
better room to be in?  
Response of your Inner Child.
  - 10) IC, can you remember a time when  
you were sad?  
Response of your Inner Child.
-

- 11) IC, tell me about that time.  
Response of your Inner Child.
- 12) IC, can you remember a time when  
you were happy?  
Response of your Inner Child.
- 13) IC, tell me about that time.  
Response of your Inner Child.
- 14) IC, who is your favorite male friend?  
Response of your Inner Child.
- 15) IC, what makes him your favorite  
male friend?  
Response of your Inner Child.
- 16) IC, who is your favorite female  
friend?  
Response of your Inner Child.
- 17) IC, what makes her your favorite  
female friend?  
Response of your Inner Child.
- 18) IC, is there anything else you would  
like to tell me before we end this  
session?  
Response of your Inner Child.
-

## Day Five

- 1) Inner Child, good morning to you.  
Response of your Inner Child.
  - 2) IC, how are you today?  
Response of your Inner Child.
  - 3) IC, are you comfortable?  
Response of your Inner Child.
  - 4) IC, what kinds of things do you like  
to do for fun?  
Response of your Inner Child.
  - 5) IC, why do you like to do those  
things so much?  
Response of your Inner Child.
  - 6) IC, when was the last time you got to  
do those things?  
Response of your Inner Child.
  - 7) IC, what is your favorite possession?  
Response of your Inner Child.
  - 8) IC, how would you feel if you lost  
your favorite possession?  
Response of your Inner Child.
  - 9) IC, who is your favorite adult friend?  
Response of your Inner Child.
  - 10) IC, what makes him/her your favorite  
adult friend?  
Response of your Inner Child.
  - 11) IC, can you remember a recent time  
when you were enthusiastic and  
energetic?  
Response of your Inner Child.
-

- 12) IC, why were you so enthusiastic and energetic?  
Response of your Inner Child.
- 13) IC, can you remember a time recently when you received a gift?  
Response of your Inner Child.
- 14) IC, how did receiving that gift make you feel?  
Response of your Inner Child.
- 15) IC, can you remember a time when you got a pet?  
Response of your Inner Child.
- 16) IC, if you never had a pet, what kind would you like?  
Response of your Inner Child.
- 17) IC, what was your pet's name?  
Response of your Inner Child.
- 18) IC, tell me more about your pet (or one you would like)?  
Response of your Inner Child.
- 19) IC, is there anything else you would like to tell me before we end this session?  
Response of your Inner Child.
-

## Day Six

- 1) Inner Child, good morning to you.  
Response of your Inner Child.
  - 2) IC, how are you today?  
Response of your Inner Child.
  - 3) IC, what is your body feeling like  
right now?  
Response of your Inner Child.
  - 4) IC, how do you feel emotionally?  
Response of your Inner Child.
  - 5) IC, can you remember a time when  
we went swimming?  
Response of your Inner Child.
  - 6) IC, can you remember another time  
when we went swimming?  
Response of your Inner Child.
  - 7) IC, what and when was your favorite  
vacation?  
Response of your Inner Child.
  - 8) IC, what did we do on that vacation  
that was so fun?  
Response of your Inner Child.
  - 9) IC, what else did we do on that  
vacation that was fun?  
Response of your Inner Child.
  - 10) IC, what famous person do you really  
admire?  
Response of your Inner Child.
-

- 11) IC, what do you admire most about this famous person?  
Response of your Inner Child.
- 12) IC, can you remember a notable event that you really thought was important?  
Response of your Inner Child.
- 13) IC, how did that event affect you personally?  
Response of your Inner Child.
- 14) IC, can you tell me about a time when you were angry?  
Response of your Inner Child.
- 15) IC, can you tell me about a time when you felt confident?  
Response of your Inner Child.
- 16) IC, are you enjoying that we do these Self-Parenting sessions?  
Response of your Inner Child.
- 17) IC, is there anything else you would like to tell me before we end this session?  
Response of your Inner Child.
-

## Day Seven

- 1) Inner Child, good morning to you.  
Response of your Inner Child.
  - 2) IC, how are you doing today?  
Response of your Inner Child.
  - 3) IC, are you comfortable?  
Response of your Inner Child.
  - 4) IC, can you remember a time when  
you felt afraid?  
Response of your Inner Child.
  - 5) IC, tell me more about that  
experience.  
Response of your Inner Child.
  - 6) IC, can you remember a time when  
you created or made something?  
Response of your Inner Child.
  - 7) IC, what was it?  
Response of your Inner Child.
  - 8) IC, how did creating it make you  
feel?  
Response of your Inner Child.
  - 9) IC, can you remember a time when  
you got something you wanted?  
Response of your Inner Child.
  - 10) IC, what was it?  
Response of your Inner Child.
  - 11) IC, why did you want it so bad?  
Response of your Inner Child.
-



- 12) IC, can you remember a time when you didn't get something you wanted?  
Response of your Inner Child.
- 13) IC, were you upset that you didn't get it? Why?  
Response of your Inner Child.
- 14) IC, can you remember a time when you got something you didn't want?  
Response of your Inner Child.
- 15) IC, were you unhappy to get this? Why?  
Response of your Inner Child.
- 16) IC, how do you feel about our first week of Self-Parenting sessions?  
Response of your Inner Child.
- 17) IC, do you look forward to these sessions?  
Response of your Inner Child.
- 18) IC, is there anything else you would like to tell me before we end this session?  
Response of your Inner Child.
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# 10 | ADVANCING YOUR SELF- PARENTING EXERCISES

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## Introduction

Now you and your Inner Child will be much more in tune with each other. During this next week you are going to encourage your Inner Child to go back into its memories. One specific feature of the Inner Child is that it functions as the gatekeeper to your memory storehouse.

Only your Inner Child can have memories (just as only the Inner Child can feel your emotions). To recall a memory, it is necessary for the Inner Parent to request the Inner Child to bring up or replay that memory.

Once your Inner Child makes the recall, it then feeds the memory back into your Inner Conversation. Your Inner Child can also have spontaneous recall due to outer stimuli. Familiar sights, pictures, and especially smells stir up old memories within your Inner Child.

When asking your Inner Child to recall memories it can sometimes take a while for her/him to come up with something. Other times your Inner Child will remember incidents or feelings so quickly your Inner Parent will be amazed.

It may be helpful to close your eyes to reduce outer stimulation when asking your Inner Child to recall memories, but it's not necessary.

Once trust has been established, another method of deepening S/P sessions is to ask your Inner Child more intimate questions. These would be questions of a strictly personal nature between you and your Inner Child involving feelings about family problems, work ethics, sexual situations, or religious matters.

Asking your Inner Child “why” questions will also elicit deeper (and more powerful) emotions as it begins to

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feel safer and more at ease. “Why” questions also allow your Inner Child to freely volunteer feelings on its own terms, the way it wants to reveal them.

Always remember when asking questions to keep the thoughts and opinions of your Inner Parent separate from those of your Inner Child.

Also remember to keep your Self-Parenting sessions to thirty minutes and follow this simple procedure:

1. *Establish the setting. Read “**The Opening**” out loud.*
2. *Ask (and write) the questions out loud using the “Inner Child, \_\_\_\_\_? format.*
3. *Write down your Inner Child’s responses exactly as you hear him/her saying them.*
4. *After each question is fully answered, thank the Inner Child out loud and **circle the TY** to start the beginning of the next question.*
5. *End the session after thirty minutes by reading “**The Closing**” out loud.*

These questions during the second week are designed to stimulate your Inner Child to bring up deeper emotions or past memories.

These questions and others like them will stimulate your Inner Child to tell you volumes of interesting things that will keep both of you fascinated during your daily Self-Parenting half-hour. As you progress over time with your sessions, there are more topics of specific questions available in the Self-Parenting Modules exactly for this purpose.

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## Day Eight

- 1) Inner Child, good morning to you.  
Response of your Inner Child.
  - 2) IC, how are you this morning?  
Response of your Inner Child.
  - 3) IC, what makes you feel like this?  
Response of your Inner Child.
  - 4) IC, what do you remember liking most about school?  
Response of your Inner Child.
  - 5) IC, is there anything else you liked about school?  
Response of your Inner Child.
  - 6) IC, do you remember a particular school incident that you truly enjoyed?  
Response of your Inner Child.
  - 7) IC, what do you remember hating most about school?  
Response of your Inner Child.
  - 8) IC, why did you hate that so much?  
Response of your Inner Child.
  - 9) IC, do you remember any particular school incident that you truly disliked?  
Response of your Inner Child.
  - 10) IC, what are some of your favorite activities that you'd like to do soon?  
Response of your Inner Child.
-

- 11) IC, why do you enjoy them so much?  
Response of your Inner Child.
- 12) IC, when was the last time you got to do them?  
Response of your Inner Child.
- 13) IC, when was the very first time you enjoyed this activity?  
Response of your Inner Child.
- 14) IC, do you like nature?  
Response of your Inner Child.
- 15) IC, what type of environment in nature do you like best?  
Response of your Inner Child.
- 16) IC, what is your favorite weather condition: rain, clouds, snow, thunder, sun, wind, day, night, cold, hot, moderate, dawn, sunset, noon, hail, stars, moon, dew, fog, other?  
Response of your Inner Child.
- 17) IC, how does that weather condition make you feel?  
Response of your Inner Child.
- 18) IC, is there anything else you would like to tell me before we end this session?  
Response of your Inner Child.
-

## Day Nine

- 1) Inner Child, good morning to you.  
Response of your Inner Child.
  - 2) IC, how are you this morning?  
Response of your Inner Child.
  - 3) IC, how is your physical body feeling  
right now?  
Response of your Inner Child.
  - 4) IC, what part of your body feels the  
tightest?  
Response of your Inner Child.
  - 5) IC, what part of your body feels the  
most relaxed?  
Response of your Inner Child.
  - 6) IC, what is a favorite book?  
Response of your Inner Child.
  - 7) IC, why do you like that book so  
much?  
Response of your Inner Child.
  - 8) IC, how long has it been since you read  
it, or a book that good?  
Response of your Inner Child.
  - 9) IC, on a scale of 1-to-10 how much  
do you like to read?  
Response of your Inner Child.
  - 10) IC, do you remember a time as a  
child when you were enthusiastic and  
energetic?  
Response of your Inner Child.
-



- 11) IC, how old were you at the time?  
Response of your Inner Child.
- 12) IC, tell me more about that time.  
Response of your Inner Child.
- 13) IC, when was the last time you felt  
that good?  
Response of your Inner Child.
- 14) IC, can you remember a birthday  
between the ages of five and ten?  
Response of your Inner Child.
- 15) IC, tell me about that birthday.  
Response of your Inner Child.
- 16) IC, can you remember a gift you  
received?  
Response of your Inner Child.
- 17) IC, how did receiving that gift make  
you feel inside?  
Response of your Inner Child.
- 18) IC, is there anything else you would  
like to tell me before we end this  
session?  
Response of your Inner Child.
-

## Day Ten

- 1) Inner Child, good morning to you.  
Response of your Inner Child.
  - 2) IC, what is your emotional state right now?  
Response of your Inner Child.
  - 3) IC, can you remember a time as a child when you were bored or depressed?  
Response of your Inner Child.
  - 4) IC, how old were you at the time?  
Response of your Inner Child.
  - 5) IC, tell me about that time.  
Response of your Inner Child.
  - 6) IC, when was the last time you felt like this?  
Response of your Inner Child.
  - 7) IC, do you remember a time as a child when you were enthusiastic and energetic?  
Response of your Inner Child.
  - 8) IC, how old were you at the time?  
Response of your Inner Child.
  - 9) IC, tell me more about that time.  
Response of your Inner Child.
  - 10) IC, can you remember a winter holiday between the ages of five and ten?  
Response of your Inner Child.
  - 11) IC, tell me about that winter holiday.  
Response of your Inner Child.
-

- 12) IC, what person in your life do you like the most?  
Response of your Inner Child.
- 13) IC, what are the traits that make you like him or her?  
Response of your Inner Child.
- 14) IC, what person in your life do you hate the most?  
Response of your Inner Child.
- 15) IC, what traits about that person make you hate him or her?  
Response of your Inner Child.
- 16) IC, can you remember a time as a child when you did someone a favor?  
Response of your Inner Child.
- 17) IC, tell me about that.  
Response of your Inner Child.
- 18) IC, how did doing that favor make you feel inside?  
Response of your Inner Child.
- 19) IC, is there anything else you want to tell me before we end this session?  
Response of your Inner Child.
-

## Day Eleven

- 1) Inner Child, good morning to you.  
Response of your Inner Child.
  - 2) IC, how goes it right now?  
Response of your Inner Child.
  - 3) IC, are you feeling okay physically  
and/or emotionally?  
Response of your Inner Child.
  - 4) IC, tell me why you feel this way?  
Response of your Inner Child.
  - 5) IC, about 10 (or 20, 30, 40) years ago  
what specific event or incident really  
made you happy?  
Response of your Inner Child.
  - 6) IC, why did it make you feel so  
good?  
Response of your Inner Child.
  - 7) IC, about 10 (or 20, 30, 40) years ago  
what specific event or incident really  
made you feel bad?  
Response of your Inner Child.
  - 8) IC, what was it about that event that  
made you feel so bad?  
Response of your Inner Child.
  - 9) IC, what is your favorite color?  
Response of your Inner Child.
  - 10) IC, how many clothes do you have in  
that color?  
Response of your Inner Child.
-

- 11) IC, how do you feel about the clothes we wear?  
Response of your Inner Child.
- 12) IC, if you had your choice, what would you change about our clothes?  
Response of your Inner Child.
- 13) IC, can you tell me about a time when you needed help?  
Response of your Inner Child.
- 14) IC, can you remember a time when you helped a friend?  
Response of your Inner Child.
- 15) IC, what felt good about helping your friend?  
Response of your Inner Child.
- 16) IC, in the last week what specific event or incident made you feel truly bad?  
Response of your Inner Child.
- 17) IC, why did you feel so bad?  
Response of your Inner Child.
- 18) IC, in the last week what specific event or incident really made you happy?  
Response of your Inner Child.
- 19) IC, why did that event make you feel so good?  
Response of your Inner Child.
- 20) IC, is there anything else to tell me before we end this session?  
Response of your Inner Child.
-

## Day Twelve

- 1) Inner Child, good morning to you.  
Response of your Inner Child.
  - 2) IC, how are you feeling physically at the moment?  
Response of your Inner Child.
  - 3) IC, what is your emotional state right now?  
Response of your Inner Child.
  - 4) IC, would anything make you feel more comfortable?  
Response of your Inner Child.
  - 5) IC, who was your favorite teacher in college (high school, middle, primary school)?  
Response of your Inner Child.
  - 6) IC, why did you like him/her?  
Response of your Inner Child.
  - 7) IC, if you were more like that person what would you be doing differently in your life right now?  
Response of your Inner Child.
  - 8) IC, what teacher did you dislike the most in college (high school, middle, primary school)?  
Response of your Inner Child.
  - 9) IC, why did you dislike him/her so much?  
Response of your Inner Child.
-

- 10) IC, where is your favorite place in the whole world?  
Response of your Inner Child.
- 11) IC, what is it about that place that you like so much?  
Response of your Inner Child.
- 12) IC, if you could travel anywhere, where would you like to go?  
Response of your Inner Child.
- 13) IC, what would make you feel good about going to that place?  
Response of your Inner Child.
- 14) IC, if you had your choice, where would you like to go on your next vacation?  
Response of your Inner Child.
- 15) IC, would you like to be alone more often or be with people more?  
Response of your Inner Child.
- 16) IC, if you had your choice, what activities would you like to do and with whom? Why?  
Response of your Inner Child.
- 17) IC, is there anything else you would like to tell me before we end this session?  
Response of your Inner Child.
-

## Day Thirteen

- 1) Inner Child, good morning to you.  
Response of your Inner Child.
  - 2) IC, how are you right now?  
Response of your Inner Child.
  - 3) IC, are you feeling pretty good physically and emotionally?  
Response of your Inner Child.
  - 4) IC, tell me why you feel this way?  
Response of your Inner Child.
  - 5) IC, what was the best vacation you ever had?  
Response of your Inner Child.
  - 6) IC, why did you like it so much?  
Response of your Inner Child.
  - 7) IC, what was your favorite sexual experience?  
Response of your Inner Child.
  - 8) IC, who was it with?  
Response of your Inner Child.
  - 9) IC, how old were you at the time?  
Response of your Inner Child.
  - 10) IC, what was your worst sexual experience?  
Response of your Inner Child.
  - 11) IC, who was it with?  
Response of your Inner Child.
  - 12) IC, how old were you at the time?  
Response of your Inner Child.
-



- 13) IC, can you remember a time when you were successful?  
Response of your Inner Child.
- 14) IC, tell me more about that time or situation.  
Response of your Inner Child.
- 15) IC, can you remember a time when you failed?  
Response of your Inner Child.
- 16) IC, tell me more about that time or situation.  
Response of your Inner Child.
- 17) IC, what did you learn from this experience?  
Response of your Inner Child.
- 18) IC, is there any area of our life you are unhappy with?  
Response of your Inner Child.
- 19) IC, if so, what should we do about it?  
Response of your Inner Child.
- 20) IC, is there any other area of life you are unhappy with?  
Response of your Inner Child.
- 21) IC, what kind of plans would you like to make to correct this?  
Response of your Inner Child.
- 22) IC, is there anything else you would like to tell me before we end this session?  
Response of your Inner Child.
-

## Day Fourteen

- 1) Inner Child, good morning to you.  
Response of your Inner Child.
  - 2) IC, how goes it?  
Response of your Inner Child.
  - 3) IC, how are you doing physically  
right now?  
Response of your Inner Child.
  - 4) IC, what part of your body feels the  
most tense?  
Response of your Inner Child.
  - 5) IC, what part of your body feels the  
most relaxed?  
Response of your Inner Child.
  - 6) IC, can you share a memory from  
your childhood?  
Response of your Inner Child.
  - 7) IC, what makes you remember that?  
Response of your Inner Child.
  - 8) IC, what did you like the least about  
your childhood?  
Response of your Inner Child.
  - 9) IC, why did you dislike that so much?  
Response of your Inner Child.
  - 10) IC, who were your five favorite school  
friends? (Choose from preschool,  
kindergarten, primary, secondary, high  
school, college?)  
Response of your Inner Child.
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- 11) IC, why were they your favorite friends?  
Response of your Inner Child.
- 12) IC, who do you like spending time with now?  
Response of your Inner Child.
- 13) IC, why does spending time with this person make you feel good?  
Response of your Inner Child.
- 14) IC, do you wish you had more friends?  
Response of your Inner Child.
- 15) IC, if you had more friends what would they be like?  
Response of your Inner Child.
- 16) IC, have you enjoyed doing these Self-Parenting sessions together?  
Response of your Inner Child.
- 17) IC, would you like to keep going with these sessions?  
Response of your Inner Child.
- 18) IC, have we checked out [www.selfparenting.com](http://www.selfparenting.com) for more information?  
Response of your Inner Child.
- 19) IC, is there anything else you would like to tell me before we end our second week of Self-Parenting?  
Response of your Inner Child.
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# 11 | THE TEN STEPS TO INTERMEDIATE PRACTITIONER STATUS

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## **Introducing the Ten Steps to Intermediate Practitioner Status: Millennial Edition**

When the idea of “Self-Parenting” was first introduced to the public in 1987, there was not a lot of practitioner experience to go by. It took several years of teaching and personal consultations to perfect what has since become known as the Ten Steps to Intermediate Practitioner Status. Over the years this has also been informally called “Crossing the River.”

Let’s say to arrive safely at your destination, you need to cross a very dangerous river. If you fell into this river, you would be swept away and very likely drown. However, if the river had ten strategically placed boulders, high and dry above this raging river, you could easily cross to the other side simply by staying on the boulders.

The Ten Steps listed in this chapter represent a safe and guided path for the “Newbie Practitioner” that will gently guide you directly to the “Intermediate Practitioner Status” of the SPP. You need to know that even though these steps are clearly marked and very straightforward there are many potential pitfalls. At first this might not seem like that perilous a journey. In reality, it is a tricky path due to all the various ways you can get side-tracked.

I can recall many practitioners who started out with the most glowing praise and experiences of Self-Parenting that you could ever believe. If I showed you their early testimonials, you would be certain that these

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people would never stop Self-Parenting. And guess what, they did! They got caught by a deeper Inner Parent pattern and disappeared under the raging river of their life and were swept away never to return.

Self-Parenting can be tricky. You are actually doing battle with yourself. When even a slightly dysfunctional Inner Parent problem swirls up, you may have no idea that it's your own pattern. The default human tendency is blame anyone or anything else except your own Inner Parent for its dysfunctional Self-Parenting issues. Off you go looking for another outer person or solution to solve your problem for you.

Most people have multiple deeper patterns they must uncover and correct before they reach the Self-Parenting Promised Land. "Crossing the River" represents the metaphorical travels of the S/P Practitioner taking a journey across the raging river of their unconscious patterns towards conscious Self-Parenting.

These Ten Steps to Intermediate Practice act as a natural set of steppingstones placed solidly just for you to walk across safely. All you have to do is step from boulder to boulder. Take your time, be careful, and you will easily get to the other side. If you don't take these steps, or dawdle, or think you can stop any time and go for a swim in the river, you will be swept away so fast you will never know what happened.

### **Continuing Your Daily Sessions**

Once you've experienced two weeks of successful Self-Parenting, the key now is to keep on going. You are still a "newbie practitioner" at this early stage. Your

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next goal is to become an Intermediate Practitioner. This is not as easy as it looks. Many readers of the earlier editions seemed to feel that after the first two weeks of Self-Parenting Sessions everything was fixed. Not so!

It's rather important that you continue your daily Self-Parenting practice if for only one reason. Your Inner Child has now become an active and aware voice in your consciousness. As you continue with your daily practice it will become an even more active participant. If you abruptly stop your sessions, you will upset your Inner Child in a big way.

Many early practitioners found they got so much value from their Self-Parenting that they stopped simply because they began feeling so good. Bad idea! They seem to have had this mistaken concept that, "No problem, I can just start sessions again when .... if... etc." Unfortunately, it doesn't work this way.

Getting all this positive energy from your Inner Child doesn't feel good if it stops. You've got a nice flow going on here. Things are just starting to get better. This is a warning based on the experiences of too many Self-Parenting Practitioners over the years.

Let's say that your Inner Parent stops your daily sessions. And make no mistake, it's always the Inner Parent that stops the Self-Parenting sessions. Your Inner Child would never want to stop.

Perhaps it wasn't a conscious decision. Maybe you just casually decided that now things are good, you've got a busy week ahead, or a vacation is starting. For whatever reason, you simply stop the regular morning sessions you followed so carefully during the first two weeks.

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Once you have had an excellent start to your Self-Parenting and then quit, guess who gets mad, and hurt, and feels extremely betrayed. That's right, your Inner Child!

You started something good and then you just stopped it for no good reason. This does not go well with your Inner Child even if she/he doesn't raise a ruckus about it at the time.

Let's say a few weeks or months have gone by, and now your Inner Parent finally figures out that the terrible way you currently feel is because you quit your Self-Parenting sessions. When you try to start up again a second time, this is when you are likely to get a non-intuitive rash of resistance from your Inner Child, as you could never have imagined!

Why is this? Because it was hurt and betrayed and doesn't want to go through the experience of feeling good again and then having it jerked away. It's a negative and short-sited strategy on the part of your Inner Child, but understandable.

Your Inner Child feels if it can make you quit, then it won't be hurt again by you quitting a second time. So, it acts out in a big way and the wonderful session experiences you had during your first 2 weeks are very difficult to recover. This is often enough for the weak Inner Parent to become discouraged and drop the practice a second time. Not good!

So, if you have managed to start Self-Parenting and kept it going for the whole two weeks, congratulations. If you are wavering on whether you should continue or not, the answer is "Yes!" Just keep it going so you don't

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have to deal with the negative kind of experience described above.

Another way the Inner Parent can stop sessions is a little more complicated but just as real. This involves a longer-term practitioner, say 2-3 months down the road, but who is not following the Ten Steps to Intermediate. This person is just “doing their own thing.” They don’t contact the Self-Parenting Program because they feel they are pretty qualified to handle things on their own.

They are definitely not following the Ten Steps to Intermediate as they prefer to go their own way. Unfortunately, here’s what typically happens for this person.

When you first start Self-Parenting, you have your first two weeks of questions from the book. These questions were carefully curated and designed to be an extremely positive introduction to Self-Parenting. You might not realize how carefully they were constructed.

Each of the steps given in Chapter 9 are very important. On the website they are referred to as the 23 Tips. Most Newbie Practitioners do a pretty good job of following the 23 Tips in the beginning. Especially if they send in a copy of their early Self-Parenting sessions to be evaluated for format. This is called a Step 3 Evaluation.

New Practitioners are motivated by the newness of the practice and carefully follow the instructions in order to learn, just as anyone might do when taking on a new study or skill.

Let’s say you take a more casual approach to Self-Parenting. As you continue daily sessions without

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support you typically tend to forget or let go of some of the key tips. Your memory fades on the exact protocol. Maybe you skip a day or two and think, “it’s no big deal.” Or you begin asking your Inner Child questions in a negative way or start offering your Inner Parent opinions before you are supposed to.

Gradually, your sessions don’t seem to come out as positive and beneficial as when you first started. Because you don’t think to ask for help or return to the proper procedures on your own, you can easily find your Self-Parenting sessions starting to become a source of conflict rather than a happy experience that builds day after day.

Over time this can easily happen to the practitioner who doesn’t follow the Ten Steps to Intermediate Practice. Basically, what happens is they start to drift back to their “Old Inner Parent” ways during their Self-Parenting sessions, and things go south from there.

Therefore, I suggest you download this chart from the Self-Parenting website and start logging each of your Ten Steps as you complete them.

These steps are proven to be an extremely positive experience for all the practitioners who’ve followed them. They are simple to follow and keep you easily and safely on the right path.

<https://selfparenting.com/ten-steps-to-intermediate-practitioner/>

Your ultimate goal as a newbie is to become an Intermediate Self-Parenting Practitioner. This takes approximately 3-6 months. You can’t really do it in less than three months, and if you take longer than six months

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you aren't really trying. Chapters Nine and Ten establish a very nice beginning to your daily sessions. But from there you'll want to explore deeper levels of this practice.

Here is your introduction to the Ten Steps to Intermediate Practitioner Status. You'll find you are already well on your way. Below is each step along with the approximate timing each step takes to complete.

### **Step 1: Read Self-Parenting: The Complete Guide to Your Inner Conversations**

*Time: 1 Week*

Well done, you've gotten this far.

### **Step 2: Practice Your First Two Weeks of Daily S/P Sessions**

*Time: 2 Weeks*

Hopefully you have completed this journey. If not, you are reading ahead of yourself as these final two chapters are meant to be read and followed after completing Steps 1-3.

### **Step 3: Send a Sample Session to the SPP to Evaluate Your Formatting**

*Time: 20 Minutes*

This step has gotten much easier over the years. It used to be a hassle to make a copy of your sessions, and then mail or fax them to check formatting. Now simply use your phone's camera to take a clear picture.

Email to:

[dr\\_john\\_pollard@selfparenting.com](mailto:dr_john_pollard@selfparenting.com).

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## Step 4: Choose How to Practice Your Next Two Weeks of Daily S/P Sessions

*Time: 2 Weeks*

You've just arrived at the third week. Your goal for the next two weeks of Self-Parenting is to successfully guide your second two weeks of practice as decided by your Inner Parent. What to do next? You have three choices.

**Choice One** is to simply repeat the first two weeks of questions from the book again. Do this if you are unsure of your session procedures or you have had trouble implementing all of the 23 Tips. If you need to do this, you will get different answers on a deeper level. It will also help you to get more accustomed to this process. This option is completely fine.

**Choice Two** is to get the first S/P module called *The Personal Questions Module*. This brings up the question, what are SELF-Parenting Modules?

S/P Modules are an extensive collection of “safe questions” typically based on a specific topic, such as *Self-Esteem or Early Family & Childhood*. All the S/P Modules were created to prevent a major problem that new practitioners run into.

The beginning Inner Parent often makes a major error when asking questions in an untrained manner. They tend to ask their Inner Child what are called “loaded” or “pre-judged” questions, without really knowing they are doing this.

This style of questioning upsets your Inner Child in a big way, especially when done within the intimacy and

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safety protection zone of your S/P session. These types of questions often compel the Inner Child to retaliate or become upset, but the Inner Parent doesn't understand why this is happening!

A simple example of this might be asking your Inner Child, "Why are you so angry?" When in fact, the IC is not angry at all. Maybe your Inner Child is hurt, disappointed, or upset, who knows? If you ask your Inner Child, "Why are you so angry" and it doesn't feel angry, it will get angry!

The "right" way to ask this question, if you suspect your Inner Child might be angry, is to ask, "Inner Child, ARE YOU angry?"

This way if so, it will say "yes," and you can then continue to ask more questions about this. If it's not angry, then it will inform you of this fact, and you can continue your line of questioning from there.

## **Step 5: Alternate Module Question Days with the Dialogue Template Question**

*Time: Forever*

The classic recommendation is to practice a module session three times a week. Then, on the alternate days ask your Inner Child questions using what is called the Dialogue Template Question format (DT Q format.)

To complete your third and fourth weeks using this option, you would begin with the Personal Questions Module every other day and the DT Q format on the alternate days. The DT Q format is the easiest and most correct way to start asking questions on your own.

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Crafting a session this way means you will have your Inner Child's immediate interest and 100% participation.

The *Dialogue Template Question* fits the “safe questions” paradigm perfectly. When you ask these 3 questions in the following manner, you can be confident that it will be easy for you as the Inner Parent, and your sessions will go great per your Inner Child. Here's how they work.

The Dialogue Template represents a three-step procedure. After reading the Opening out loud, begin your session with this question.

***“Inner Child, is there anything you want to talk about?”***

Inner Child's response.

After it answers, and you have responded with a circled TY, ask:

***“Inner Child, what about \_\_\_\_\_?”***

(Here you write out EXACTLY whatever your IC just answered above, using the same words that it used.)

Inner Child's response.

After your Inner Child completes its full answer and you have responded with a circled TY, ask:

***“IC, is there anything else you want to say about \_\_\_\_\_?”***

***(Whatever your IC said in response to question two.)***

Inner Child's response.

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This works quite smoothly once you get used to this sequence a few times. Simply repeat question two, and three, until the answer is “No.” The trick is to never leave a series without question three being asked and your Inner Child saying, “No.”

Let’s say after a while your Inner Child is no longer interested in talking about \_\_\_\_\_. If more time is available, continue your session by asking:

***“IC, is there anything ELSE you would like to talk about \_\_\_\_\_?”***

***Repeat question 2.***

***Repeat question 3.***

Asking questions this way guarantees a positive experience for your Inner Child. Don’t forget to follow the 23 Tips, drop a line, circle your “TY” before you ask each new question, etc.

Use one of these two choices to accomplish your third- and fourth-week’s session. This means after one month you will have truly established yourself as a beginning practitioner. Ideally you will have sent in your Step 3 by now, and your SELF-Parenting sessions will be formatted correctly, and you will be well on your way.

This was briefly covered earlier but it remains a principle of Self-Parenting to always be working with a module for your SELF-Parenting sessions to progress. There are Beginning, Intermediate, and even Advanced Levels Modules of Self-Parenting. Modules keep your daily SELF-Parenting targeted and fresh.

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It's pretty easy for your sessions to become stale if you don't keep "upping the ante" with module training. Modules act as an outside instructor for you to achieve a new and deeper level of Self-Parenting insight.

Each module initiates and installs a specific skill for the Inner Parent. They are designed from the perspective of gently but distinctly deepening your Self-Parenting experience. As you go through each module the first time, you learn and practice a skill set on that topic. Just like learning to play a musical instrument, when you practice a new skill, this becomes integrated into your Inner Parent.

We now have a very clear timeline for progress within the Self-Parenting Program. A typical time frame for each of these is as follows:

*Beginning Practitioner, 3-6 months*

*Intermediate Practitioner: 6 months to 2 years*

*Advanced Practitioner: 2-5 years*

I would like to emphasize that these time frames are only true when you continue to integrate new S/P modules into your daily practice.

I've met Self-Parenting practitioners who somehow have continued Self-Parenting without going through the Ten Steps to Intermediate or practicing any module for over two years.

Unfortunately, the true dynamics of their Self-Parenting sessions were no more advanced than that of a two-week practitioner.

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During your first 3-6 months, you only ask questions as the Inner Parent. Never respond back actively to your Inner Child other than to say, “TYICFTMT” and then go on to ask the next question. This seems hard for some people who seem to think they can speed things up by being pushy as the Inner Parent.

In reality, this safeguard is a built-in safety mechanism that protects both you and your Inner Child without you even knowing it. You have likely spent a lifetime being a negative Inner Parent to your Inner Child.

Just interacting with and listening to your Inner Child in this way during the 10 steps, provides the safe and solid foundation that establishes the trust needed to handle the future session dynamics between your two Inner Selves.

Only when trust is established, can you then safely advance to the next level where your Inner Parent will take a more assertive role. (The first Intermediate module is all about training the Inner Parent.)

If you start responding as the Inner Parent before establishing all the important groundwork, I guarantee you will get into trouble with future sessions. It would be like trying to climb Mount Everest on your own without months of proper training or with an experienced guide.

This might be a good time to remind you that Self-Parenting is a skill that your Inner Parent must learn and practice. Part of this involves unlearning any bad habits from the past. Your Inner Child is already a wonderfully perfect self, if allowed to be so by the skillful Inner Parent.

Unfortunately, the bad habits of your Inner Parent are what caused the Inner Child to become a rebel or develop negative emotional patterns in the first place. It takes time to unlearn the many subtle ways you have been discounting or negating your Inner Child on a regular basis.

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It really does take 3-6 months of muzzling the Inner Parent to only be a listener, so that it doesn't get in the way of establishing your Inner Child's growth and trust. Trying to explain all this beforehand would take several books. If you just follow the Ten Steps to Intermediate, you'll get there safe and sound without even knowing all the reasons why, or the many pitfalls you avoided on the way.

After completing the PQ Module comes Step 6, starting the ***Self-Esteem Module***. This is like a booster rocket that will send your Self-Parenting practice into high gear. The S/E Module is where some of the deeper aspects of the Self-Parenting paradigm come into play. It will provide an amazing jump in your consciousness growth.

## **Step 6: Practice the Self-Esteem Module**

*Time: 4-8 Weeks*

Self-Esteem is the opinion your Inner Parent has about your Inner Child, along with the feelings your Inner Child has about that opinion. Your Inner Child's experience of esteem results from the quantity and quality of messages your Inner Parent sends throughout the day.

Positive self-esteem is the primary issue in Self-Parenting. In a certain sense it may be the only issue since building strong self-esteem benefits every area of your life. Yet, positive self-esteem is something most people don't experience in their lives prior to conscious Self-Parenting.

Contemporary self-esteem theory seems to be stuck in the "affirmations" mode, repeating a loosely defined set of mental or emotional sentences that are supposed to build self-esteem. Affirmations, as currently understood, are a hit or miss affair depending on how carefully they are constructed.

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A “good” affirmation can make you feel positive or at least neutral. A “bad” affirmation will make you feel negative indeed. The trouble is most people don’t realize how to tell the difference between “good” and “bad” affirmations.

Many students prior to Self-Parenting tried using affirmations with little or no lasting success. They simply did not understand the crucial dynamics of the Inner Parent and Inner Child working together.

When they changed their self-esteem efforts to the Self-Esteem Module system, they had superior and more lasting success. Trying to introduce positive affirmations from the Inner Parent side over the resistance of the Inner Child creates a Win/Lose or even a Lose/Lose situation.

The S/E Module uses a method to increase your self-esteem in a way that has never been presented before. It’s so effective that it’s impossible not to create and build your self-esteem to whatever degree you aspire. There is a reason why it’s Step 6 on the path to Intermediate Practitioner Status.

Practicing the S/E Module three days a week and alternating with the Dialogue Template questions will ensure that you will enjoy a successful second and third month of Self-Parenting. This is when all the seeds of your positive procedures will truly begin to sprout.

### **Step 7: Read [Parent Effectiveness Training \(P.E.T.\)](#): by Thomas Gordon**

*Time: 1 Month (read 3 times over 2 years)*

Somewhere between now and the end of your Ten Steps, begin reading P.E.T. This book is very important for your Inner Parent’s understanding of the SELF-Parenting process. It will teach your Inner Parent the potential and power of positive S/P. As you read it,

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mentally substitute the words “Inner Parent” for “Parent” and “Inner Child” for “Child.” This can and will be very eye opening for both Inner Selves.

This is a step your Inner Parent does outside of your daily half-hour sessions. Here is where you begin the lifelong learning it takes as the Inner Parent to become skillful in the art of Self-Parenting.

Many Self-Parenting practitioners are/were also parents of young children. They often read *P.E.T.* and found it very useful with their outer children. The idea of using these same methods with their Inner Child takes it to a whole deeper level.

*P.E.T.* is where the Inner Parent will learn many of the basic fundamentals that structure its ideal behavior. Hopefully during your reading, you will begin to see how following the *23 Tips* also has you following the principles of *P.E.T.* and you did not even know it!

If this is your first time reading *P.E.T.* be aware that you will see many patterns of your “outer parenting” being revealed to you for the first time. This can be truly eye-opening as well as a bit mournful if you aren’t ready for it.

Just know that however bad your outer parenting may have been, you can always become your own loving parent with the Self-Parenting Program and completely rewrite any negative patterns your outer parents may have instilled in you.

Most Self-Parenting Practitioners find they benefit from reading *P.E.T.* at least three times during the first 1-2 years to truly absorb all its foundational principles. Reading it just one time is never enough, especially as your internal Self-Parenting grows with more experience along with advancing with the modules.

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## Step 8: Practice the Early Family & Childhood Module

*Time: 4-8 Weeks*

After you have finished the *S/E Module*, and hopefully after you've read *P.E.T.* at least once, begin practicing the *Early Family & Childhood Module*. Practice these sessions 3 days a week until you have completed them all.

The purpose of this module is to give your Inner Child a chance to reflect on your early childhood. Continue to use the Dialogue Template or work out Inner Conflicts for the other 3-4 sessions per week.

These sessions are not meant to dredge up and purge painful childhood memories, although there's a chance this could happen. They are more designed to lightly review the events of your childhood and engage any deeper emotional memories of your Inner Child.

IF any deeper memories come up and are startlingly strong, if you just keep saying, "TYICFTMT" then your Inner Child will feel heard, and the feelings will subside.

By now you are well on the way of establishing a safe and secure space for your Self-Parenting within your half-hour sessions. Still at this time, you are only responding to your Inner Child during your sessions with "TYICFTMT." You are getting ever closer to the status of Intermediate Self-Parenting Practitioner.

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## Step 9: Resolve 3 to 6 Major Inner Conflicts Using the Eight Steps of Inner Conflict Resolution

*Time: 3-6 Months and Forever*

This may well be your toughest step. This is certainly where most of even the especially devoted S/P Practitioners seem to find difficulty.

The first hard part is learning to recognize the presence of an Inner Conflict and being able to separate it from the “Inner Bashing” that many practitioners experience in the beginning.

When first starting out with Self-Parenting what tends to be portrayed as Inner Conflicts are really what we call “Inner Bashings.” This is basically when both selves are just calling each other names.

“Inner Bashings” feel like an Inner Conflict because they are based on a repeating inner conversation with deep emotional components and conflicts. So, they are often perceived internally and written down as a “Step Two” for beginning an Inner Conflict resolution.

### Model for An Inner Bashing

<b>Inner Parent</b>	<b>Inner Child</b>
You are not doing what I want	You are not doing what I want.
You are bad.	No, you are bad.
You suck!	No, you suck!

Hopefully you get the idea. These can go on for a long duration with a lot of variations! The problem with an “Inner Bashing” is that nothing is being said that contributes to a resolution. No needs are being expressed. Only insults are being hurled back and forth at each other.

But this never becomes clear until you write them down and actually get them out of your head and onto a piece of paper where you can objectively see what is happening.

Don't be discouraged if this occurs to you multiple times when you are first starting to work out an Inner Conflict. This is very normal in the beginning. At least you stop an "Inner Bashing" by writing it down and getting it out of your head. Eventually you will learn to recognize when a true Inner Conflict is taking place.

Once you have a true Inner Conflict, it's easy enough to start the ***8-Step Inner Conflict Resolution*** process; that is, after you have practiced these steps about 15-20 times.

This is just something you have to keep working on as the Inner Parent. Not only is this an important step, but this is a valuable practice that will benefit you for a full lifetime.

When you have an active Inner Conflict, it helps to reread Part II several times and review Chapter Seven with book in hand. Each step must be methodically worked out. At first you do this somewhat mechanically as you get used to the steps. Each time it gets easier.

Sometimes minor Inner Conflicts can be resolved very easily even as you write them out. Other times you'll really have to struggle to work through to Step 7. If you ever get stuck on an Inner Conflict you are welcome to send a readable copy to the SPP for evaluation.

To be successful as an S/P Intermediate Practitioner, you must be very comfortable with diagnosing your Inner Conflicts and following the Eight Steps to resolve them. You want to reduce your levels of "Inner Bashing" to zero as soon as possible.

Next you initiate the discipline of resolving Inner Conflicts as soon as you become even slightly aware of them. Unfortunately, this is where many Self-Parenting

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Practitioners drop the ball. Number one, they do not write out their Inner Conflicts as soon as they become aware of them. This is crucial.

Until you write it down, an inner conflict remains in your head indefinitely or until the crisis situation has passed and you have defaulted to an unconscious resolution.

Also, an early mistake is to not follow and complete each of the ***8-Steps of Inner Conflict Resolution***. Every step is important. They build on each other. If you don't carefully complete each step, fulfilling the next step will be problematic. Giving up too early allows the conflict to fester.

Another mistake practitioners make is to simply not do enough Inner Conflicts to learn how the process truly works. It really does take 15-20 Inner Conflict Resolutions before you start to get it right. There's no shortcut in the process. After you go through your first 20, both selves get the concept of resolving conflicts from a Win/Win perspective. From there it becomes effortless!

Typically, your first attempts will basically turn out to be Inner Bashings which you hear clanging in your head long enough to write them down. This is good, because inner bashings have a rhythm, and once you learn what yours are like, you can start avoiding them until you turn them off completely.

Inner Conflicts are the result of needs that are not being met on either side of the Self-Parenting seesaw. Deconstructing the needs of both inner selves is not easy in the beginning.

This is why you must practice 15-20 times before you start understanding how it works. If you get stuck, you can email your Inner Conflict and I will help you sort it out: [dr\\_john\\_pollard@selfparenting.com](mailto:dr_john_pollard@selfparenting.com).

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## **Step 10: Register Your Achievement with The Self-Parenting Program**

This is the best part of all. If you have downloaded the form from the website and kept track of all your achievements, you will be ready to send it in for verification purposes. Just make a copy and attach it to your email. Make sure all your dates are completed.

Not only is this good for you, but it lets the Self-Parenting Program know that you are ready to receive Intermediate Modules which are not available until you have achieved Intermediate Practitioner Status.

Congratulations.

All my best,

Dr. John Pollard

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# 12 | MORE WAYS TO USE THE SELF- PARENTING EXERCISES

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## Introduction

The initial purpose of your DAILY thirty-minute sessions is for you (as the Inner Parent) to gain experience distinguishing between the two voices of your Inner Conversations. You ask the questions out loud in the voice of your Inner Parent. **The thoughts and feelings that you hear silently inside your mind are those of your Inner Child.**

Writing down these conversations in the prescribed format shows your Inner Parent the thoughts and feelings of your Inner Child in an objective way. Thanking your Inner Child after it responds to each question completes the cycle. Ending your Self-Parenting session after thirty minutes concludes the half-hour process.

Amazing progress in the conscious awareness of your Inner Conversations will be made during your Self-Parenting Exercises. First there is a period of one to two weeks in which you, as the Inner Parent, learn to recognize and know the voice of your Inner Child. During your second two weeks you are building up speed with your training wheels still on.

As your Self-Parenting sessions continue you may discover that many problems you (as the Inner Parent) thought were resolved may still remain ongoing as Inner Conflicts within your Inner Conversations.

Deeper and more powerful issues which have been holding you back in life may also begin to rise to the surface of your conscious awareness. These are problems which came from being unaware of or ignoring your Inner Child until now. Perhaps you were able to push them aside before, but now your Inner Child's desire for resolution is coming to the fore.

It is the skills you practice and hone during your Ten Steps to Intermediate that will support and guide you

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when you reach some of the rockier shores of your Self-Parenting Style.

As your Self-Parenting sessions deepen and the techniques and skills of your Inner Parent improve, you will eventually discover many opportunities to improve both your relationship with your Inner Child as well as your outer life circumstances.

Thirty-minute sessions are the key to working with your Inner Conversations. Without them there is too much potential for your Inner Parent to revert to Win/Lose or even Lose/Lose parenting during the day.

Your first natural goal is to complete the *Ten Steps to Intermediate Practitioner* status. It is recommended that until you complete the Ten Steps you never respond back as the Inner Parent to your Inner Child other than TYICFTMT. This is for your Inner Child's protection. Once you are an Intermediate Practitioner there are many modules that train your Inner Parent to develop skills that love, support, and nurture your Inner Child both inside and outside your sessions.

Self-Parenting sessions and awareness of your Inner Conversations can be of practical use in many ways. You can use your half-hour sessions to resolve Inner Conflicts, love, support, and nurture your Inner Child, build your self-esteem, establish, or increase motivation for goals, or continue with your question-and-answer sessions.

Once you have demonstrated a deeper level of understanding between the two Inner Selves, your Self-Parenting sessions will become your primary method to solve personal and life problems that involve decisions for your future. This will become the most powerful thirty minutes in your life. Eventually you begin working with your Inner Child outside your daily sessions.

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## Suggestions to Consider as Your Awareness Grows

Once you have achieved Intermediate Status, you can use your growing Self-Parenting awareness in any one or more of the following ways. These are methods you explore outside your sessions, in what I call the “real world.” Here are some examples.

1. *Self-Parenting Your Inner Child in the “Real World”*
2. *Love, Support, And Nurture Your Inner Child.*
3. *Just Your Average Day.*
4. *Resolving “Little” Inner Conflicts.*
5. *Establish or Motivate for Goals.*
6. *Explore Dialogue Templates with Your Inner Child.*

### Self-Parenting Your Inner Child in the “Real World”

As you continue with your thirty minutes of daily Self-Parenting Exercises, you will begin to hear more and more of your Inner Conversations during the day. Although your Inner Conversations have always been there, you will now become much more aware of them. When this happens, don’t squelch your Inner Child. Listen to it and respond appropriately.

Because your daily half-hour sessions have taken place in “safe mode,” your Inner Child will now be much more inclined to speak up and voice an opinion or idea during the rest of your day. You will recognize the Inner Child voice because of your experience listening in your daily sessions. You need to be careful however that you don’t revert to a negative Inner Parent **when you are not** in your half-hour session.

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Unfortunately, what can happen is that the Inner Parent can be “less than perfect” when responding to the Inner Child when not in a session. Without thinking you might use an automatic roadblock type reply when your Inner Child speaks up. You’ll need to learn to be watchful of the way that you respond to your Inner Child when it makes a typical inner conversation remark during the day.

This is similar to when an outer child makes a comment or volunteers an observation while walking along with its outer parent. As you pass a display window in a department store, your Inner Child might say all of a sudden, “\_\_\_\_\_.” And what is your response as the Inner Parent? Ideally it will be, “***TY Inner Child for telling me that!***” As shorthand, we call it “***TYICFTMT.***”

You will have observed this situation between outer parent/child relationships many times while waiting in line at supermarkets or bookstores. Parents respond to their outer child’s comments with behavior ranging from a pleasant acknowledgment or response, to ignoring, screaming, or slapping the child. Do you possibly Self-Parent your own Inner Child in a like manner several times a day?

Just as in outer parenting, the Inner Parent needs to let the Inner Child express its needs, feelings, and thoughts, no matter how absurd or unrealistic they may be. This is how your Inner Child grows. As your Inner Child matures in understanding, it will also mature in ability. The result will be a much stronger ally in support of you, the Inner Parent when taking action in the “real world.”

With this in mind there are some general guidelines you can start to follow. These occur quite naturally as you transition to becoming a more skillful Inner Parent during your half-hour sessions. Eventually the communication skills you have practiced in your SELF-Parenting Sessions will begin to take place in your outer life as well.

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Your Inner Child is becoming more confident and assertive as a result of your Self-Parenting sessions. Listen and enjoy it when your Inner Child becomes spunkier or feistier IF you continual to unconsciously ignore or abuse it during the day.

Any time outside your half-hour session that you hear yourself, AS THE INNER PARENT, giving your Inner Child a hard time (and you will) STOP IT! You simply get nowhere abusing your Inner Child. Self-denigration is a Lose/Lose proposition for both Selves.

The best way to handle the spontaneous comments and observations of your Inner Child during daily life is to give your Inner Parent something to do. This “something to do” is to mentally (or even out loud!) respond to the thoughts or impressions you get from your Inner Child. The best and safest response, if you can remember, is always, “*TYICFTMT.*”

This is continually the right response until you become a certified Intermediate Practitioner. To do this, simply adopt the same style of listening used during your Self-Parenting sessions. Once you hear that your Inner Child has completed speaking, respond to its statement as if saying to your best friend, “*TYICFTMT.*”

In the “real world” you are always going to be okay if you can manage to ask the Inner Child a “safe question.” This is called for when you get an inkling that your Inner Child is trying to tell you something, but you are not sure what it is. For example, you could ask silently or out loud:

***“Inner Child, are you trying to tell me something?”***

Other situations could arise. Suppose you smell something during the day, and it triggers your Inner Child, but you can’t remember exactly why. Ask your Inner Child for the reason by asking:

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***“Inner Child, what does that smell remind you of?”***

When it responds, have a conversation with your Inner Child just like you would with your best friend.

Another tactic is to praise your Inner Child during the day when something kind of cool just happened. For example, if you make an excellent squeeze into a tight parking space, thank your Inner Child for doing such a good job. Or if you arrive early for an appointment when it looked like you were going to be late, you could say:

***“Inner Child, thank you for helping us be on time.”***

This is assuming that you did feel your Inner Child was helping you by reminding you or suggesting something easier that facilitated your being on time. If you pay close attention, you will have many opportunities to actively and consciously praise your Inner Child throughout the day.

## **Love, Support, and Nurture Your Inner Child**

Sometimes a situation or incident may really upset your Inner Child but due to the outer circumstances you are unable to nurture your Inner Child properly. Rather than an Inner Conflict, this situation is experienced more as a trauma for your Inner Child.

Some examples of this, that hopefully never happen, would be flunking an important test, getting fired from a job, or having your romantic partner unexpectedly break up with you. Try as we might, traumatic events can occur.

When this happened before you became aware of Self-Parenting, you would normally gloss over, ignore, or negate the hurt feelings of your Inner Child in the same way your parents would gloss over, ignore, or negate your hurt feelings as a child.

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To end this cycle of abuse or neglect you can acknowledge the upset feelings of your Inner Child and promise to take up the situation during your next Self-Parenting session. If and when something upsets you during the day, use part of your next thirty-minute session to soothe the feelings of the Inner Child and explain the reasons why the experience happened, or the choices that were made.

As you begin to follow up on your promises, your Inner Child will learn to depend on your sincerity and concern. It will begin to feel loved, supported, and nurtured in a way it has never felt before!

Another aspect of loving, supporting, and nurturing yourself during the day is to validate your Inner Child for the little things. For someone with an intense and difficult life, sometimes just putting the cap back on the toothpaste represents a major victory. For some, getting up thirty minutes earlier to do Self-Parenting sessions creates the emotional equivalent of a new job. For anything you do that is tough like this, a kind word of praise for your Inner Child will go a long way.

You might hear a suggestion from your Inner Child either inside or outside your session. Follow up on this and experience your life getting better. Here's an excellent example of how this can happen.

At the suggestion of her Inner Child, one student chose to drive to work along a different route. Even though the trip took a few more minutes, her Inner Child was much happier and even her Inner Parent agreed the prettier route was a much more pleasant way to start the day. This person's simple validation of her Inner Child made a big difference in the way she felt all day long.

Another student was going into the kitchen to start morning tea before crawling back into bed to do her thirty-minute sessions. One day, when she asked her Inner

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Child if it was comfortable, it complained about having cold feet. Only when she put her slippers on did she realize how cold the floor was, how cold her feet had been, and how uncomfortable she had been during her entire session as a result. As she later said, “It was such an easy solution to a problem I didn’t even know I had!”

You will discover many opportunities to love, support, and nurture your Inner Child during the day as your Inner Parent attention grows. A basic rule to go by is to give your Inner Child whatever it asks for, as long as it doesn’t hurt anyone else (including the Inner Parent).

This is especially true of the day-to-day activities that we usually take for granted, such as the kind of toothpaste we use, what clothes to wear, or which soap to buy. Your Inner Child has its own opinions and the positive feelings it gives back to you when it is recognized and nurtured are very rewarding.

### **Just Your Average Day**

Even when you are not in your 30-minute session with your Inner Child, you are still hanging out together during the rest of the day. As your daily Self-Parenting sessions deepen, you’ll experience increasing awareness within your inner conversations in all sorts of situations. These can take place at any time when engaged in the “real world.”

You are likely to become increasingly conscious of the language your Inner Parent currently uses on a regular daily basis with your Inner Child. This second-by-second and minute-by-minute, communication with your Inner Child moves from what was previously called unconscious to conscious awareness.

It’s possible you could hear yourself blame, scold, lecture, command, criticize, judge, or threaten your Inner Child many times a day without even being aware of the psychological damage you are causing. This style of

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communicating is extremely harmful to your Inner Child, damages your relationship together, and is entirely self-inflicted by the Inner Parent.

If you ever do this, you can take “real world” steps to make changes once you become aware of it. These changes have nothing to do with the Inner Child. They are strictly actions taken on the Inner Parent’s side of the seesaw to reduce the Inner Parent’s contribution to mental stress. These are freewill actions taken by the Inner Parent, not something anyone outside you is forcing you to do.

If you hear a battle going on inside your head, the first action step of positive internal Self-Parenting is to simply stop criticizing your Inner Child from your side. You will know if you, as the Inner Parent are doing this, because it’s something you definitely never do within your Self-Parenting sessions. It’s not your Inner Child making all that racket!

If you consciously tell your Inner Child within your Inner Conversations that you love it five times a day, but unconsciously say one hundred times a day, that it is “dumb,” “fat,” “hopeless,” or an “idiot,” your overall self-esteem will still be very low.

Follow this simple idea. If you hear yourself criticizing your Inner Child during the day as an Inner Parent, just STOP IT! This will probably feel like a heated conversation on the inside with neither inner self letting go. This is not your average state of mind.

It’s easier for the Inner Parent to just stop on its side during this kind of argument. The Inner Child is going to keep arguing, but that’s fine for the moment.

Know that from your side as the Inner Parent, it is totally okay for you to just cease responding with negative statements. There is no reason to say bad things. It’s not helping anyone. Your head will feel

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“half-empty” when you do this, but it’s a great first step! Give it a try!

Once you stop your Inner Parent side, you may still hear lots of complaints from the Inner Child voice which is 100% okay. In this situation, do NOT try to suppress what the Inner Child is saying. In fact, you want “to want” to hear it all.

One reason is that you can learn what the Inner Child needs to tell you. And two, it helps your Inner Child release all the negativity it has inside regarding you, the situation, or whatever it’s complaining about.

In this circumstance, the best and easiest action to take is to simply stop any new communication from the Inner Parent’s side until the Inner Child settles down. Just adopt listening mode, like you do in your sessions and say, *TYICFTMT* to whatever the Inner Child says.

Don’t communicate or add any new thoughts even if you think they are brilliant or they sound “right” to your Inner Parent.

To the degree you can take these steps as an Inner Parent is how quickly your Inner Child can finish venting and eventually calm down. This is exactly like the outer relationship advice of not trying to argue with someone when they are upset. If you just continue to listen without interrupting, hopefully the other person will settle down and you can discuss the situation rationally at some other time.

The next layer of achievement is to stop any negative language you might be using as an Inner Parent with your Inner Child during normal activities. This is even trickier because you are not under stress and fueled with passion, so your inner conversation is not as noticeable. Even though you are just hanging out, your Inner Parent could be using some subtle sarcasm or covert hostility in a way directly adopted from your parents.

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These kinds of comments are based totally on your Inner Parent's programing. The Twelve Roadblocks from *P.E.T.* will be a good guide for you here. Any of the roadblocks that you recognize as being used by your outer parents on you, will be programmed inside your Inner Parent until you begin to catch and let go of them on a conscious basis.

During your quiet times with your Inner Child, notice if you are using any subtle negative communications aimed at your Inner Child such as damaging comments, observations, or Inner Parent judgments during the day. What feels like an honest opinion to the Inner Parent can feel like a negative judgment to the Inner Child.

Applying these types of "real world" practice from each layer of depth allows your Inner Child to increase its full measure of autonomy, respect, and self-control. Stopping any form of negative commentary from your Inner Parent's side of the seesaw will provide convincing proof to your Inner Child as to your determination to love, support, and nurture him or her. Reducing the negative Inner Parent comments from your side down to zero is the correct number.

## **Resolving "Little" Inner Conflicts**

During any given day a major problem could arise that triggers a major Inner Conflict. Whenever you are confused, or can't make a decision, or your body is pounding with physical signs of stress, you have begun an Inner Conflict between your Inner Parent and Inner Child.

But know that Inner Conflicts do not need to be situations filled with turmoil. They can also occur as low-grade humming that goes on in the back of your mind. It may not even feel like a conflict. It may seem to be a confusion between the two Inner Selves. The key is that the mental energy is not being resolved, even if on a

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very subtle level.

Know this. If you hear a repetitive conversation in your head that has been going on for three days or more, this is an Inner Conflict. Even if it's not stormy, you need to sit down and write down that conversation to get it out of your head! It will not go away until you do this!

Once it's written down, you'll be able to see what the conflict is. One side of you wants something and the other side wants the opposite or something else. It may seem so tiny or inconsequential, that you think it's not worth bothering about. Believe me, it is!

At other times during the day you may experience a clear Inner Conflict. With the pace of modern life being so fast, you simply don't have time to sit down and go through the Eight Steps. Maybe you have to keep an appointment or get something urgent taken care of before you have time to consider the feelings of both Selves. If at all possible, do your best to write down as much as you can. At least then you can go on about your life without this subtle conflict banging along inside your head.

It turns out the perfect time to resolve these situations is during your Self-Parenting sessions. If a problem or Inner Conflict arises during the day that you can't deal with immediately, tell your Inner Child that you will work out a solution during your next thirty-minute session. If you can, briefly write out the situation according to your available time, and then slip it into your Self-Parenting binder for tomorrow's session first thing.

As a result, your Inner Child will temporarily feel better. But be sure to follow up when you make this promise. If you don't follow through when you say you will, your Inner Child will learn to feel betrayed, and it may refuse to believe you the next time you tell it something.

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During your next Self-Parenting session, do whatever it takes to resolve the Inner Conflict. Spend the full time if necessary to follow the eight steps of conflict resolution. Use Win/Win problem-solving to positively Self-Parent the needs of both Inner Parent and Inner Child. Follow the eight steps until both sides are satisfied.

I don't usually recommend going over 30 minutes for your Self-Parenting sessions. There are many reasons for this. The one exception would be if you are working on an Inner Conflict. Take as much time as you need to get through at least to Step 7, where you put the solution into action. If for some reason you can't get to a solution in the time allotted, then set it aside and get back to it as soon as you can.

### **Establish or Motivate for Goals**

One responsibility of your Inner Parent is to establish worthwhile and positive goals to enhance your life. But your Inner Parent must account for and allow the desires of your Inner Child to be part of your decision making. Based on intellectual knowledge and foresight, your Inner Parent may decide to go to college, change jobs, move to a different city or country, end a relationship, try a different diet, quit smoking, or plan other major life decisions.

Yet the Inner Child, as an equal partner, must have its' say as well. If your Inner Child does not want to provide the energy and enthusiasm, your proposed changes will fail. If your Inner Parent chooses a career your Inner Child hates, you will have a difficult time being successful in that career. If you choose (or actually co-choose) a career that your Inner Child loves, then you will have endless enthusiasm and energy to succeed even if your Inner Parent is intellectually or technically unprepared for that area of endeavor.

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Your Inner Parent can always acquire new skills if the Inner Child has a true desire to learn them. It is very difficult for an Inner Parent to manufacture the enthusiasm and drive needed for learning new skills if your Inner Child is uninterested. If the Inner Child is not pleased with the direction your life is going, it will rebel, resist, or give up. You will find that most individuals with successful careers have naturally followed the desires of their Inner Child and truly enjoy their work.

If you want to make a lasting improvement in your life in any way in any area, you must enlist the cooperation of both Selves working together towards your common goals. The key in this situation is to write down and resolve during your Self-Parenting sessions any concerns and all Inner Conflicts that may be generated by the proposed changes. This guarantees the unique strengths and skills of both Selves will be used for the attainment of your goals.

The truly positive Inner Parent sends consistent and highly charged signals of active desire to meet the needs of its Inner Child. These needs are the ones the Inner Child expresses, not the “advice” the negative Inner Parent says the Inner Child “should” take.

All steps for permanent consciousness growth must include Win/Win solutions for both Selves. The Inner Parent can’t unilaterally decide that it wants to be happy, rich, and successful by Tuesday at 12:00 pm and force the Inner Child to “get with the program.”

An outer parent can’t tell an outer child to go be happy, rich, and successful and suddenly it happens. One-way actions or demands won’t last because cooperation needs to come from both sides of the relationship. Both Selves must actively desire the changes for them to become permanent.

When your Inner Child finally trusts that you want

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its needs to be met, it will openly tell you what is going on when you ask correctly. Encourage your Inner Child to tell you what its needs are so that you, the Inner Parent, can help meet those needs.

Supply your Inner Child with many positive assurances that you will give it anything it wants to the best of your ability. Each goal or life plan for which you strategize must include the natural strengths and energies of both inner selves to achieve lasting success.

### **Explore Dialogue Templates with Your Inner Child**

Learning to ask really good questions of your Inner Child is a much-welcomed Inner Parent skill.

It is your questions that actively advance the openness and communication between the two Inner Selves. By studying the Intermediate Modules, your Inner Parent will learn to create questions that ask your Inner Child about past, present, or future situations in your life.

Sometimes you might see an article, book, or webpage with psychological questions on a certain topic. Let's say you are reading an article about eating healthily. It has a questionnaire or a series of ten recommendations. If you like you can dialog with your Inner Child about these questions.

You can use these questions in your Self-Parenting session by putting them into the:

***“Inner Child, (ask question here) \_\_\_\_\_”  
format.***

A book called *What Color is Your Parachute* helps people get a job and/or choose a new career. On almost every page there are various questions asking the reader about their opinions and desires for a new career.

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At other times, getting information of a specific nature from your Inner Child is a mandatory part of solving an Inner Conflict or outer problem. In these cases, you will need to directly ask your Inner Child questions and you will be expecting an answer in return.

Generic questions can be very useful for this purpose. One dependable example is:

***“Inner Child, would you rather \_\_\_\_\_ or \_\_\_\_\_?”***

These types of questions work brilliantly to presage your Inner Child’s interest in a future activity.

- ***Inner Child, would you like to go to the mountains or the beach?***
- ***Inner Child, on Friday at 9:00 p.m., do you want to watch the television show on channel four or channel two?***
- ***Inner Child, would you rather go to a movie or a concert?***
- ***Inner Child, are you hungry for something sweet, something salty, or are you really thirsty?***
- ***Inner Child, would you like to do something completely different?***
- ***Inner Child tell me what you want to do.***

Using the 1-10 scale, you can know exactly what priorities your Inner Child has and thus make your decision accordingly. Be even more specific by asking your questions in the following style:

***“Inner Child, on a scale of 1-10, how much do you want to \_\_\_\_\_?”***

- ***Go to the mountains?***
  - ***Go to the beach?***
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- *Watch channel four?*
- *Watch channel two?*
- *Go to a movie?*
- *Go to a concert?*
- *Eat something sweet?*
- *Something salty?*
- *Drink something?*
- *Spend money on this?*
- *Spend money on that?*

Surprise, the higher number wins; just do that!

Another good way to use this 1-10 scale dialogue template is to ask your Inner Child:

*“Inner Child, on a scale of 1-10, how \_\_\_\_\_ do you feel?”*

- *Bored?*
- *Angry?*
- *Unhappy?*
- *Glad?*
- *Rested?*
- *Hungry?*
- *Tired?*

Your Inner Child will immediately give you an answer, or its lack of an answer will tell you that it just doesn't care.

In general, it is better to ask your Inner Child simple yes or no, or 1-10 type questions. These are just easier to respond to as you might know when conversing with outer children.

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It is better to give your Inner Child a choice between two or three answers, rather than asking it to “fill in the blank.” An example of this might be if you asked an outer child to choose between chocolate, vanilla, or strawberry.

This should be an easier decision than “What kind of ice cream do you want?”, especially if there are thirty-one flavors to choose from.

Worse yet, if you ask, “What would you like for dessert?”, the choices become infinite and the decision or opinion could drag out “forever,” as any parent will tell you. Asking questions and receiving answers from your Inner Child works in the same manner.

If you do need to ask your Inner Child a direct question, it is best to ask one that gets right to the heart of the matter. The best choices to flesh out your Inner Child’s opinion or solve a dilemma are:

***“Inner Child, if you had your choice, would you like to do \_\_\_\_\_, or \_\_\_\_\_?”***

Or:

***“Inner Child, what are you feeling?”***

Or the best question of all:

***“Inner Child, what is your need?”***

There are variants, such as:

***“Inner Child, is your need physical?”***

***“Inner Child, is your need emotional?”***

***“Inner Child, is your need mental?”***

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***“Inner Child, is your need relational?”***

The answers popping up in your mind as soon as you finish asking the question out loud are the opinions of your Inner Child.

**Sources for Further Study**

As you have learned, you need to actively and consciously Self-Parent your Inner Child. It is not enough to know that Self-Parenting exists (Level One understanding). You must also learn to use this knowledge as self-therapy (Level Two and Three Understanding) to make yourself feel better.

Use the Self-Parenting Exercises to heal and love yourself whenever you feel depressed, fearful, out of sorts, or angry. You can use your daily half-hour sessions to fix yourself up when you are really down through loving, supporting, and nurturing your Inner Child!

For further study in Self-Parenting, I recommend the following books. Each one in its own way gives valuable insight to the “inner process” of Self-Parenting. Read these texts using your newfound awareness and understanding of your Inner Conversations.

Follow through with consistent and positive Self-Parenting sessions to work out your ideal Self-Parenting style. Practice giving love where it really counts, within your Inner Conversations.

Reading these books is another way for your Inner Parent to become more conscious of the unconscious methods you use to Self-Parent. These books must be read with the awareness of Self-Parenting within your Inner Conversations to have their greatest effect. These books are available online or can be ordered through your local bookstore.

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## **P.E.T. -Parent Effectiveness Training**

***Thomas Gordon. New York: New American Library, 1975***

As already mentioned, this book is a masterpiece of successful outer parenting methods. We all owe a debt to Thomas Gordon for making the concepts of outer parenting so easy to understand.

Use the methods of active listening with your Inner Child. The section on the “twelve roadblocks” is especially enlightening as it shows the multiple ways that you, as the Inner Parent, can roadblock your Inner Child. This is the next book you must read (or reread) to develop Self-Parenting skills.

## **Handbook to Higher Consciousness**

***Ken Keyes. Coos Bay, OR: Living Love Publications, 1975***

This book, also a classic, should be read to educate your Inner Parent. Although the principles in this book are intellectually flawless, they are suited mostly for stopping the specific type of mental negativity the Inner Parent creates.

In my opinion “The Methods” do not translate well towards the emotional concepts of loving, supporting, and nurturing the Inner Child within your Inner Conversations. In other words, use “The Methods” described in Ken’s book to train and educate your Inner Parent, not overpower, or invalidate the emotions of your Inner Child.

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## **How Relationships Work**

*John K Pollard, III. Generic Human Studies, 2008*

Self-Parenting concerns the direct relationship between your Inner Parent and Inner Child. In an outer relationship you control only one-half of the working seesaw. Using your Self-Parenting Style and your knowledge of How Relationships Work you will eventually need to learn how to navigate the tricky world of Family, Social, and Work relationships.

There are 12 Outer Relationships which all humans share that make up the bulk of your human interaction. When your inner Self-Parenting relationship becomes positive you will find that you will now have to start paying real attention to how your outer relationships work. The success you have in your outer life essentially comes from the success you have with your outer relationships.

## **The “Inner Game” Books**

*Timothy Gallwey, Various*

All the Inner Game books by Timothy Gallwey are worth reading, particularly if you like the game he’s discussing. There are books on tennis, golf, stress, work, music, etc. He uses the term Self One, for the Inner Parent and Self Two, for the Inner Child. You’ll learn new and fun ways to interact with your Inner Child during these outer activities.

## **What Color Is Your Parachute?**

*Richard N Bolles. Ten Speed Press.*

This book is most suited for a person who is looking for a new job or to explore changing a career direction. As mentioned earlier, it is chock full of questions of all kinds regarding your life goals, career aspirations, and various lifestyle choices.

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## Sources of Professional Referral

The harsher your outer parenting as a child, the harsher your Self-Parenting will be as an Inner Parent. The most damaging outer parenting by far seems to be that endured by the children of alcoholic parents.

The coping mechanisms and defense patterns required by these children are equivalent to those needed by concentration camp survivors. These emotional patterns and psychological issues are extremely deep and very difficult to overcome by oneself due to the nature of self-denial and self-isolation required by the victims for survival.

One out of three families in America reports alcohol abuse by a family member. If one, or especially both, of your parents were consistently impaired during your childhood by years of alcohol, drugs, or other addictive patterns, it is recommended that you seek help through a therapist or organization that expressly understands the psychological issues of the adult child of an alcoholic. Self-Parenting under these circumstances may simply be too difficult and/or exhausting to undertake on your own.

People who have suffered dysfunctional outer parenting or who come from a broken home will have trouble putting the concepts of positive Self-Parenting to practical use. For example, you might not even be aware that you've had this type of problem parenting due to the special nature of denial involved. It takes someone trained to recognize these patterns to help you recognize and release them.

The Adult Children of Alcoholics is a 12-Step program designed to provide self-help support groups for children who experienced active alcoholic and/or co-dependent parenting. For more information contact:

<http://www.adultchildren.org/>

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## Conclusion

The Parent/Child relationship is THE primary relationship of humanity. Each of us began life within the cocoon of our mother's womb. We were programmed for better or for worse by our parents who did the best they could based on their unique and individual set of circumstances, which includes the type of outer parenting THEY received.

As an adult in today's world, what your parents did or didn't do while parenting you is now of lesser consequence. What matters from today onward is how you manage your Inner Conversations within, based on the parenting style you were given.

What may not be so obvious right now is how successful your life will be when you train yourself to become a better Inner Parent.

Develop the ability to give yourself a profound healing experience. Have your Inner Parent cuddle your Inner Child when it is crying. Soothe your Inner Child when he or she is under emotional stress.

Learn to meet your own needs rather than waiting for others to provide them. Ultimately you can heal yourself completely, no matter how old your wounds may be.

I hope sharing the ideas contained in this book has motivated and stimulated you to provide happiness, meaning, and fulfillment for both your Inner Parent and your Inner Child. Ongoing SELF-Parenting is the key.

You will discover many Inner Truths once the awareness and power of these Self-Parenting concepts have become part of your conscious awareness. You have discovered the secret of your universe: SELF-Parenting within **YOUR** Inner Conversations.

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## About the Author

**JOHN K. POLLARD, III** began studying consciousness growth methods in 1969. As a result of his many outstanding teachers and the intense study he discovered the ground-breaking concept of Self-Parenting and became an expert on resolving Inner Conflicts.

The Self-Parenting Program represents a quantum leap in consciousness growth awareness and John's warm, personable, yet direct style has influenced thousands towards becoming healthier, saner human beings.

In addition to his writing, John has made numerous radio, television, and conference appearances to promote the cause of Self-Parenting. Visit Amazon's John K. Pollard Page for more information on his subsequent discoveries and books.

**LINDA NUSBAUM** is a freelance painter, designer, and illustrator. A graduate of the Otis Art Institute of Parson's School of Design, she works on a variety of projects on both coasts, including interactive exhibits for children's museums, film storyboards, murals, and oil paintings.

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## **Generic Human Studies®**

We are all human beings; we all have common needs. It is time for each person, each group, and each nation to face this reality and start helping each other to grow through the meeting of our common needs and goals.

Once the personal needs of one individual become fulfilled, it is a natural extension for him or her to help other humans to meet their needs. As a result, fulfilled and happy groups of humans can then begin to help other unfulfilled and unhappy people to improve their experience of life.

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