



INNER CHILD

MODULE 2

EXERCISE #1

EXERCISE: FINDING YOUR COPING STYLE

This fun exercise will help you figure out if you're more of an internalizer or an externalizer. You can also use the checklists to check out the coping styles of your friends and family! At the end, there's a handy table that sums everything up, and you might want to print it out so you can easily refer to it later.

The traits listed below represent the extremes to show the main differences in how these two styles deal with life's ups and downs. Just a heads-up: most people fall somewhere in between, but you'll likely see that one style fits you a bit better than the other.

Breakdown of Results:

If your results show that you're more of an internalizer, it sounds like you might be feeling pretty drained from carrying a lot of the emotional weight in your relationships. But if you find you lean more toward being an externalizer, it could be a good idea to check in with your friends or family about how you come across. You might be pushing your support system a bit too hard!

EXERCISE #1

Externalizer Traits

Approach to Life

- ☐ Living in the present moment and not considering future consequences
- ☐ Thinking solutions come from the outside
- ☐ Looking to others to improve things: "What should someone else do to make things better?"
- ☐ Taking immediate action and thinking later
- ☐ Underestimating difficulties

Response to Problems

- ☐ Reacting to whatever is going on
- ☐ Viewing problems as someone else's fault
- ☐ Blaming circumstances
- ☐ Getting others involved in their problems
- ☐ Denying or escaping reality to feel better

Psychological Style

- ☐ Being impulsive and self-focused
- ☐ Believing emotions have a life of their own
- ☐ Getting mad easily
- ☐ Having no interest in the inner psychological world

Relationship Style

- ☐ Expecting others to provide help
- ☐ Thinking others should change to improve the situation
- ☐ Expecting others to listen and tending to engage in monologue
- ☐ Demanding that others stop "nagging"

EXERCISE #1

Internalizer Traits

Approach to Life

- ☐ Worrying about the future
- ☐ Thinking solutions start on the inside
- ☐ Being thoughtful and empathic: "What can I do to make things better?"
- ☐ Thinking about what could happen Overestimating difficulties

Response to Problems

- ☐ Trying to figure out what's going on
- ☐ Looking for their role in causing a problem: "What's my part in this?"
- ☐ Engaging in self-reflection and taking responsibility
- ☐ Figuring out problems independently and working on them
- ☐ Dealing with reality as it is and being willing to change

Psychological Style

- ☐ Thinking before acting
- ☐ Believing emotions can be managed
- ☐ Feeling guilty easily
- ☐ Finding the inner psychological world fascinating

Relationship Style

- ☐ Thinking about what others need first
- ☐ Considering changing self to improve the situation ☐
- Requesting dialogue about a problem
- ☐ Wanting to help others understand why there's a problem

SUMMARY

Externalizer	Internalizer
Approach to Life	
Lives for the moment.	Thinks about the future.
Thinks solutions come from the outside.	Thinks solutions start on the inside.
"Someone should do something."	"How can I make things better?"
Takes action now and thinks later.	Thinks about what could happen.
Underestimates difficulty.	Overestimates difficulty.
Response to Problems	
Reacts to what's going on.	Figures out what's going on.
"It's someone else's fault."	"What's my part in this problem?"
Blames circumstances.	Self-reflects and takes responsibility.
Gets someone else involved.	Figures it out and works on it.
Denies or escapes reality to feel better.	Comes to grips with painful realities.
Psychological Style	
"Follow your impulses."	"Think before you act."
Believes emotions have a life of their own.	Believes emotions can be managed.
Gets mad easily.	Feels guilty easily.
Has no interest in the inner psychological world.	Finds the inner world fascinating.
Relationship Style	
"Someone needs to help me."	"Think about what others need first."
"You should change to make me happy."	"Maybe I need to change."
"Listen to me."	"Let's talk about it."
"Stop nagging me."	"I want you to understand."

NOTES

DATE

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

BIGGEST TAKEAWAY

[illegible]

ACTION ITEMS

Circumstance	Percentage of Respondents
1. Yes, always	85%
2. Yes, most of the time	10%
3. Yes, some of the time	3%
4. Yes, never	2%
5. No, always	12%
6. No, most of the time	18%
7. No, some of the time	25%
8. No, never	43%
9. Don't know	1%
10. Refuse to answer	1%