



INNER CHILD

MODULE 3

REPARENTING HW:

ANSWER THESE QUESTIONS:

Identify which parenting type felt most accurate to your experience.

Write out how it made you feel. ex: I actually feel relieved or I'm pissed off right now.

Identify which trait you most see yourself carrying from having an emotional or rejecting parent. ex: I notice that I apologize for my feelings often.

After identifying that pattern, write down how you would like to show up instead. ex: Instead of dismissing my feelings I will pay closer attention to them.

REPARENTING HW:

ANSWER THESE QUESTIONS:

Write down how you'll show up differently (think simple) ex: I'll take care of myself by drinking a glass of water upon waking up.

Do the thing you said you were going to do. Even if your mind and body resist it, show up anyway.

Self-discipline is the greater form of self love.

Yes you can. This is how you start to build self-trust. Show up as your own best parent, you, taking care of you. This teaches you that you are worthy of being shown up for and trust that you are.

NOTES

DATE

This image shows a blank 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

Circumstance	Justified (%)	Not justified (%)
If someone is attacking you	85	15
If someone is threatening you	75	25
If someone is harassing you	65	35
If someone is insulting you	45	55
If someone is annoying you	15	85

ACTION ITEMS