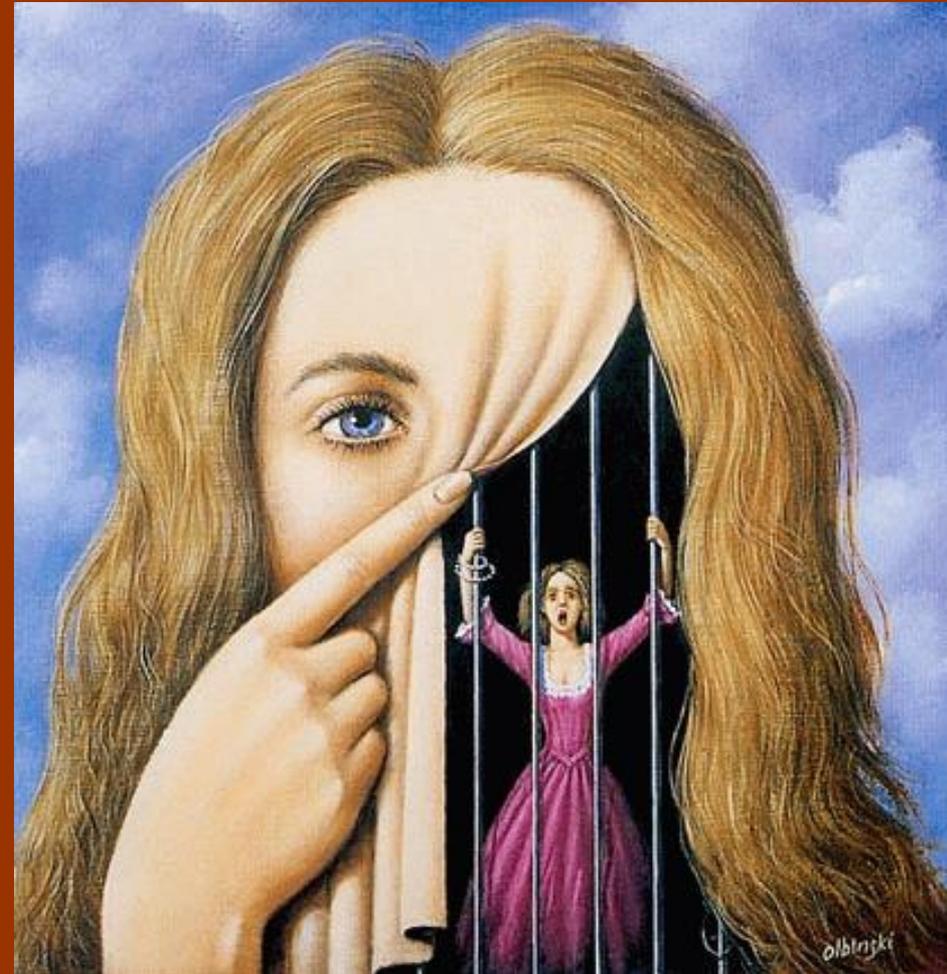
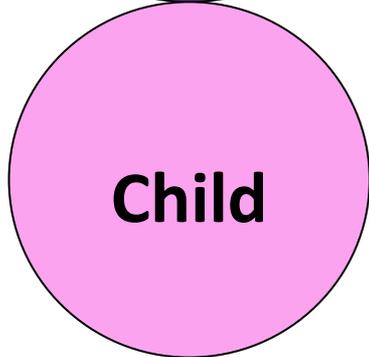
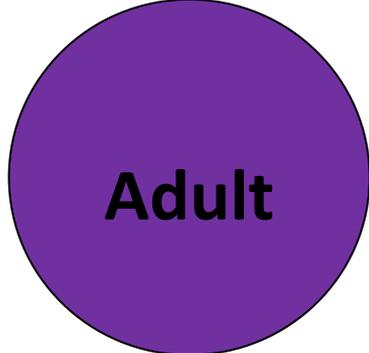
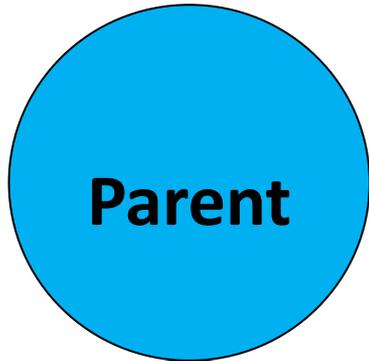


# SEARCHING FOR MY INNER CHILD

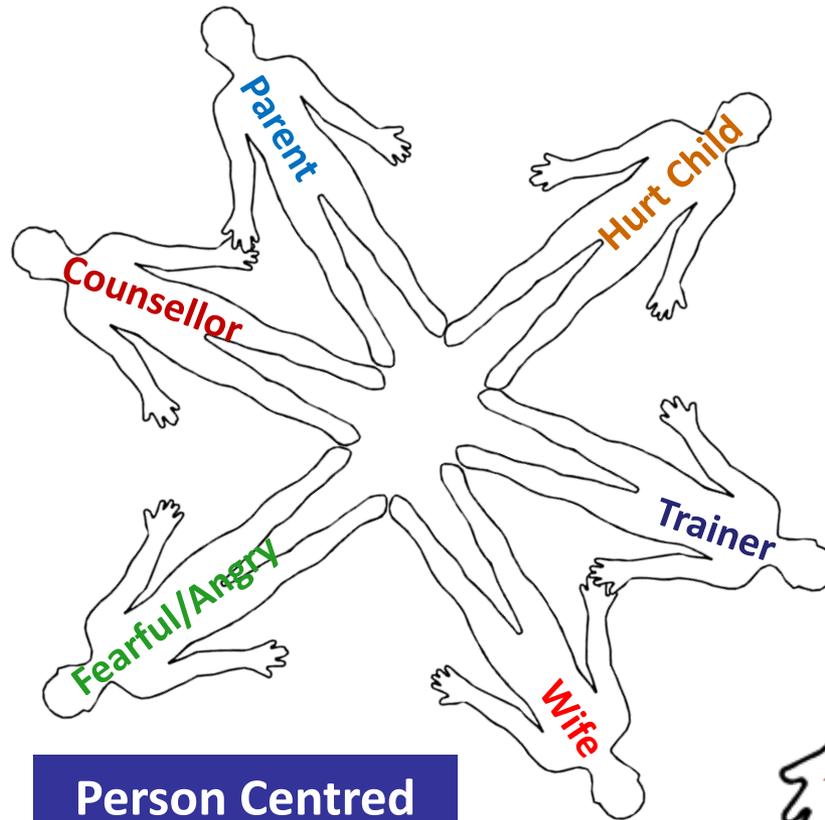


# THEORETICAL UNDERSTANDINGS

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Transactional Analysis



Person Centred Configurations of Self



Gestalt  
*The Whole is different from the sum of the parts*

# SPECTRUM OF DISSOCIATION

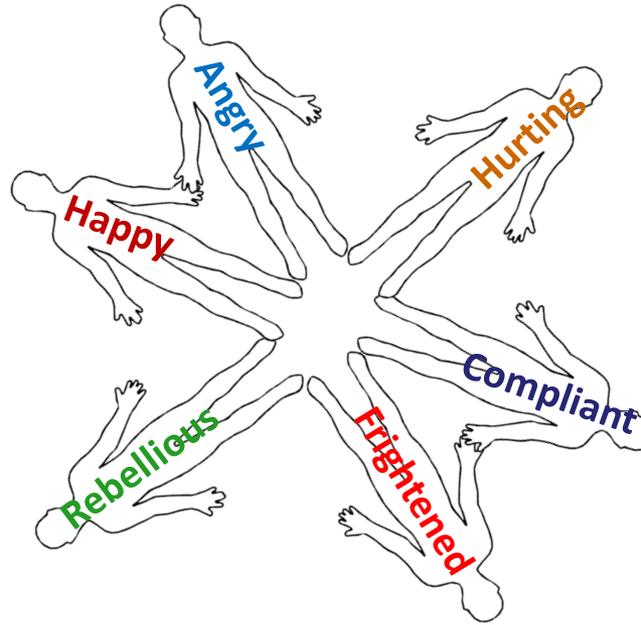
*Configurations  
of Self*

*Survival mechanism  
for trauma*

**Aware of  
an Inner Child**



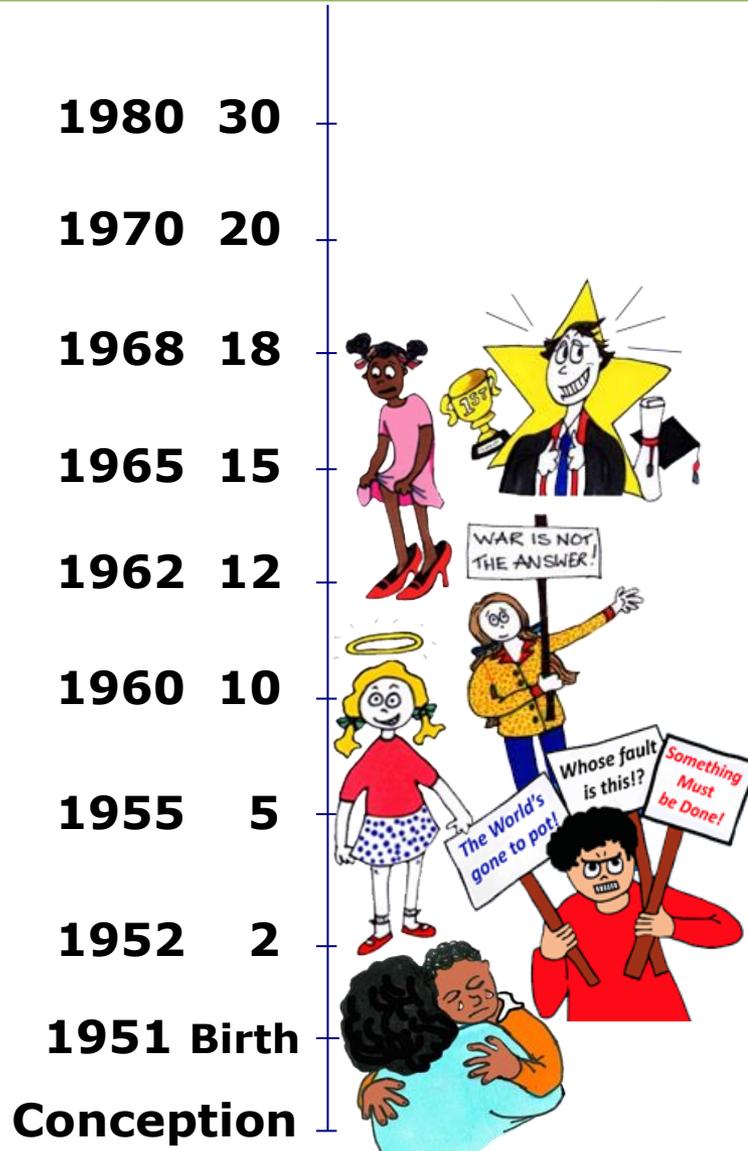
**Aware of Several  
Aspects of Self**



**Dissociative  
Identity Disorder**



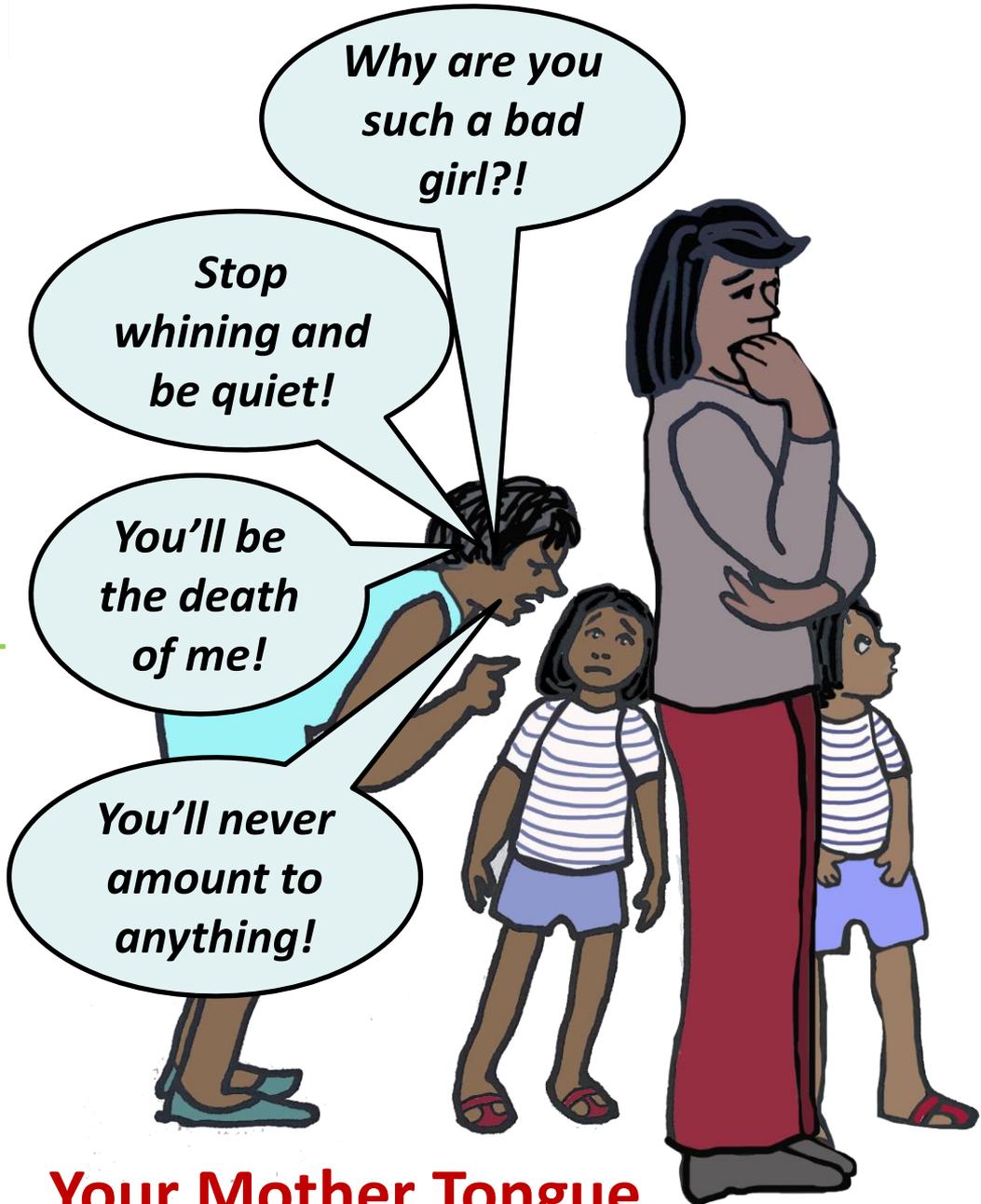
# RECOGNISING THE SCRIPTS



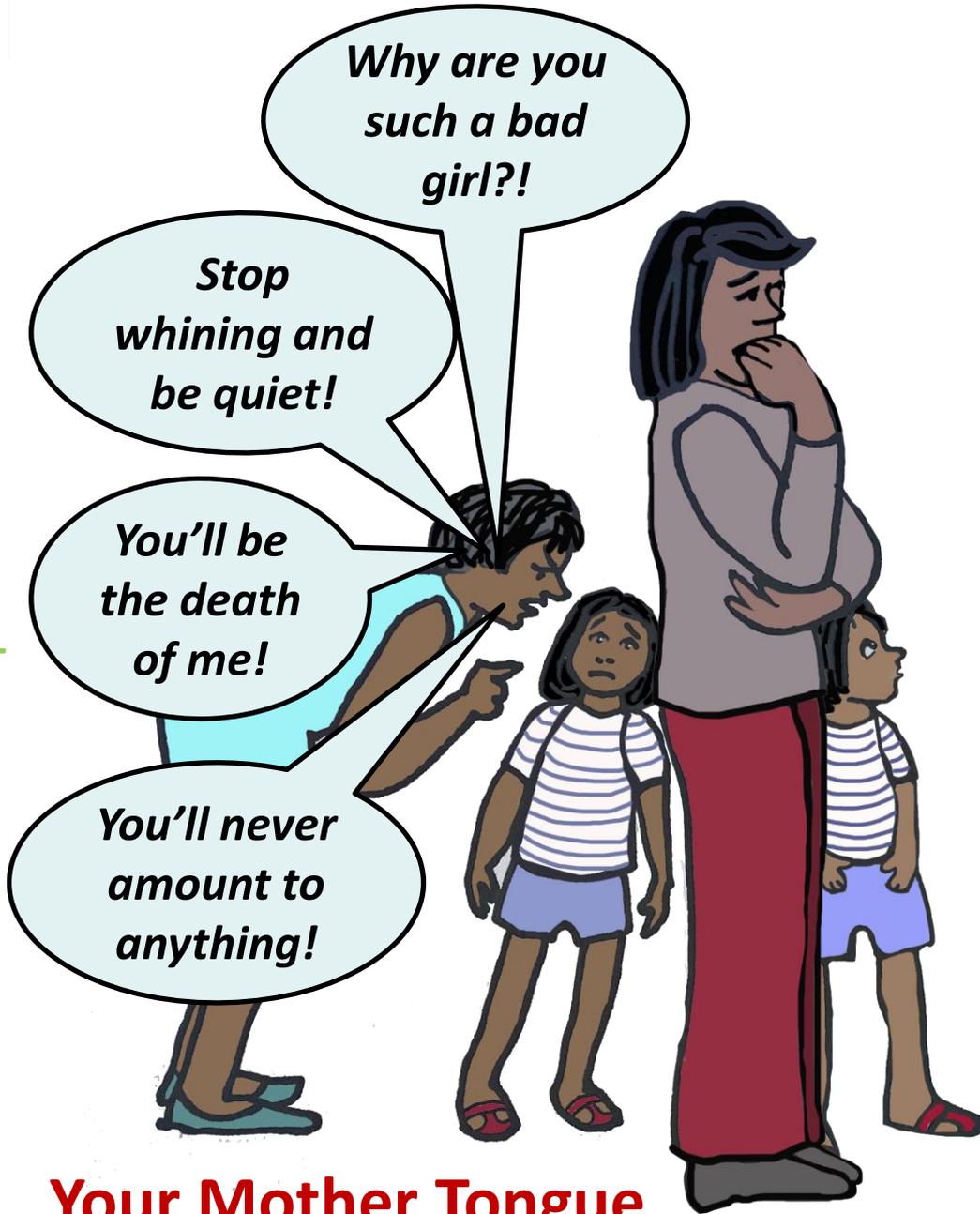
- *Take care of others (put yourself last)*
- *Be successful – (don't fail)*
- *Be a peacemaker (meddle)*
- *Be good (compliance)*
- *Don't make people angry (fear)*
- *Hugs are comforting (longing)*

# WHAT PRESSES YOUR BUTTON?





# Your Mother Tongue



*Why are you such a bad girl?!*

*Stop whining and be quiet!*

*You'll be the death of me!*

*You'll never amount to anything!*

## **Your Mother Tongue**



*Tu es digne d'amour*

*Tu as besoin de quoi...?*

*C'était pas de ta faute*

*Qu'est-ce que tu ressens au plus profond de toi?*

# RESTRUCTURING THE ATTACHMENT SYSTEM



- Empathic
- Genuine
- Accepting
- Tender
- Consistent

# LEARNING TO LOVE YOURSELF



# RESTORING THE INNER CHILD

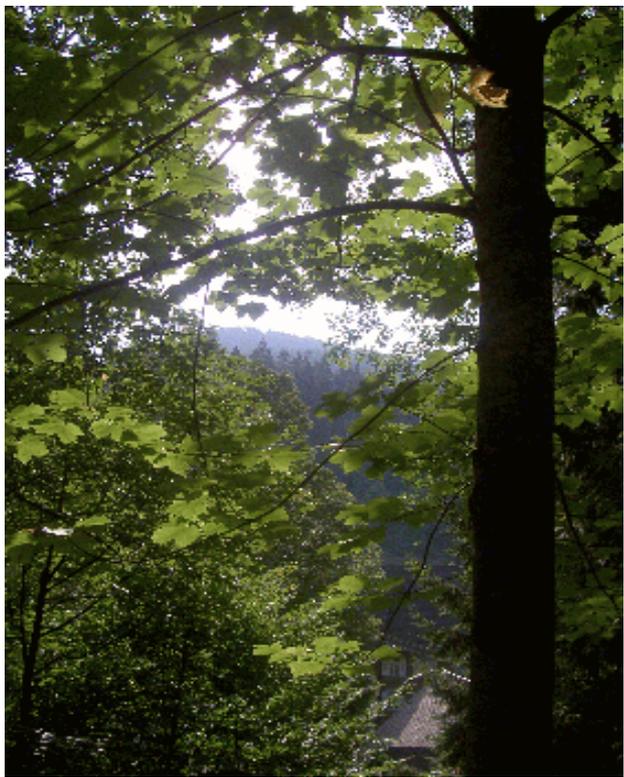
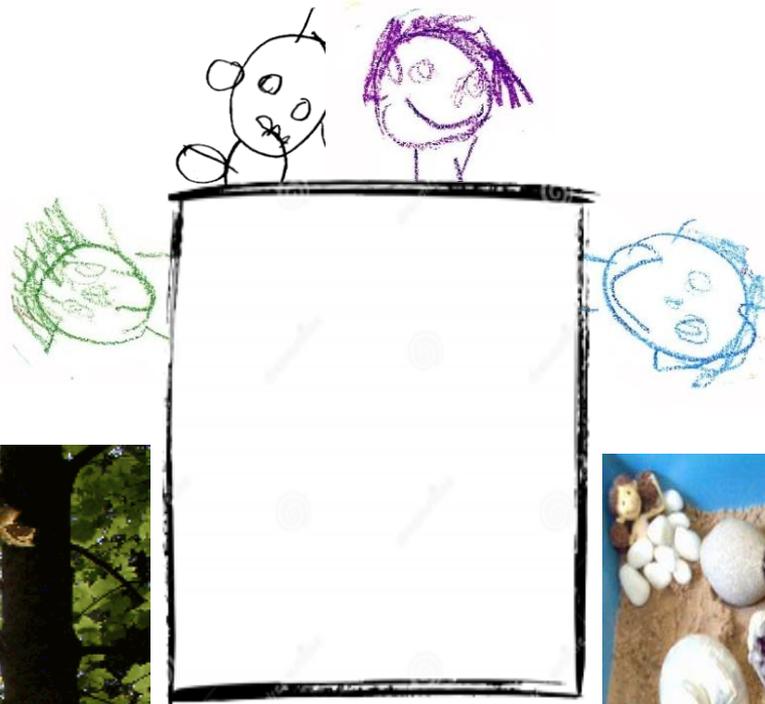
~~I feel bad  
because I am bad....~~



I feel bad  
because bad things  
happened to me...



# WHERE IS YOUR SAFE PLACE?

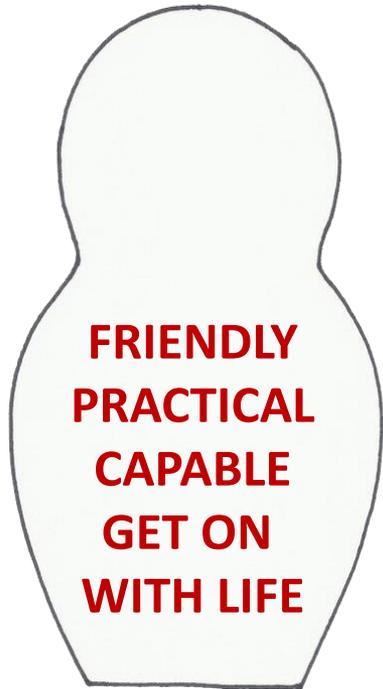




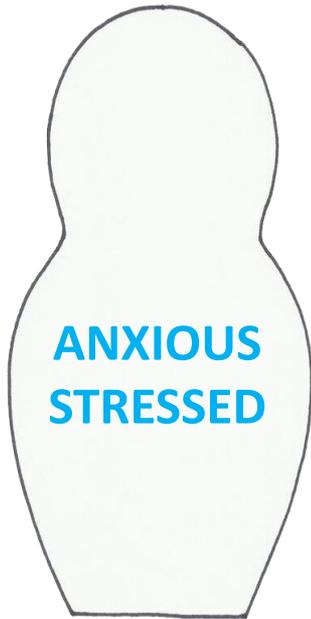
# NESTING DOLLS AND THE INNER CHILD



# NESTING DOLLS AND THE INNER CHILD



*How most  
people see me*



*How a few  
trusted  
people  
see me*



*How very  
few people  
see me*



*Wounded  
parts of me*

**What happened  
here?**

# THE PROTECTOR CONTROLLER



Lucia Capacchione

Don't feel...  
Don't trust...  
Don't get close to people...  
Don't be vulnerable...  
Don't care...  
Work it out before you speak...



But this can also mean no  
**joy... close relationships... intimacy**  
**spontaneity... freedom... pleasure... lows/highs**

# TWO WORLDS

**NOT SAFE**

## CREATED WORLD SHOWN

I order and sustain it.  
I keep everything under  
control.

This is my reality.  
This keeps everything safe.



**NOT SAFE**

THREAT!



## REAL WORLD HIDDEN

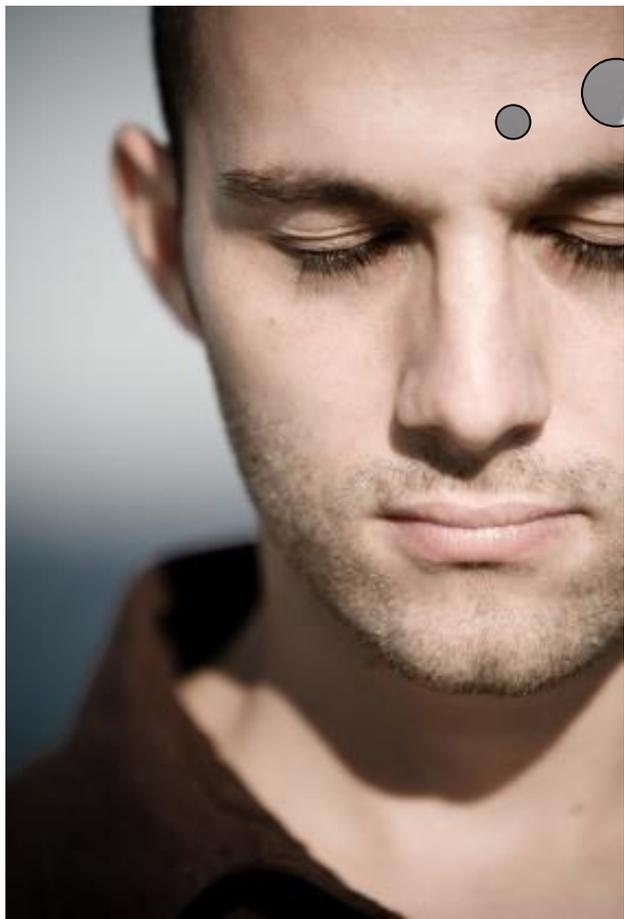
Too much pain  
Won't let it be true  
Source of all my problems



THREAT!

# CONNECTING WITH YOUR INNER CHILD

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**What can I say to you?**

**What do you want to say to me?**

**What do you need from me?**

**How are we going to get along?**

# REDISCOVERING YOUR INNER CHILD

## Understanding our story... SELF-ACCEPTANCE



Owning how we  
really feel...  
our likes and  
dislikes

**AUTHENTICITY**

Finding a sense  
of belonging  
internally and  
externally:

**INTEGRATION**

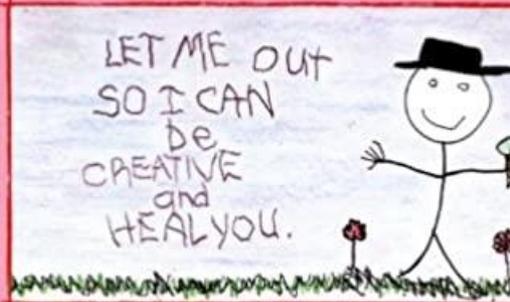
Coming home personally, relationally, spiritually

**RECONNECTION**

"The best book I've read yet...how to talk to your Inner Child and find what it needs. Practical, helpful, and easy."  
—Melody Beattie, author of *Codependent No More*

# Recovery of Your Inner Child

The highly acclaimed method for liberating your inner self



**LUCIA CAPACCHIONE, PH.**  
author of *THE POWER OF YOUR OTHER HAND*  
Introduction by Charles L. Whitfield, M.D., Ph.D. author of *Healing the Child Within* and *A Gift to Myself*

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# John Bradshaw

The International Bestselling Author

# Home Coming

*Reclaiming & championing your inner child*

'John Bradshaw's work did me immense good... I think he is a genius.'  
BILLY CONNOLLY

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*for Counsellors and Psychotherapists*



Pauline Andrew