




Dancing with Your
INNER CHILD
Joy, Play and Healing



Parent

Attitudes, rules, messages and ways of responding that we absorbed from significant adults and authority figures. Those original people become internal voices in our head, affecting how we judge, protect, criticise, soothe or control ourselves and others.



Adult

Our capacity to be present, think clearly, notice what's actually happening now, and respond with choice. It integrates thinking, feeling and awareness, rather than reacting from old rules or survival strategies.

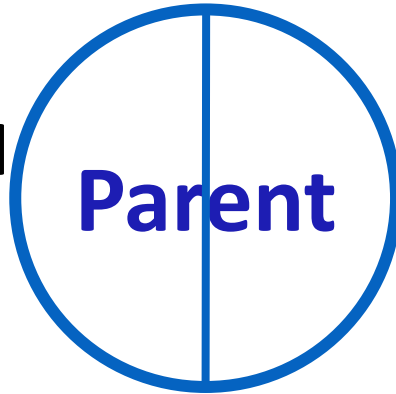


Child

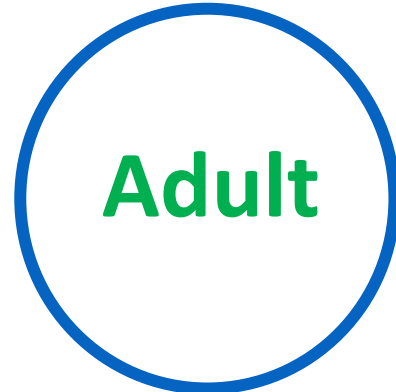
Our feelings, needs, impulses, creativity, vulnerability and early ways of coping, including both spontaneous aliveness and learned adaptive behaviour.



**Critical
Parent**



**Nurturing
Parent**



**Adapted
Child**



**Free
Child**



The Circle of Belonging

You can learn –
and it's ok to
make mistakes!



Structuring Parent

You are loved
and
you are ok!



Nurturing Parent

Socialised Child



Free Child



I am worthy
of love, just
as I am!

I understand
the rules,
I am empathic

Inconsistent Parent

**Critical,
Controlling
Abusive Parent**



Spoiling Parent



Structuring Parent
Socialised Child



Nurturing Parent
Free Child

IN

OUT

OUT

**Adapted Child
Conditional Love**



Hurt Child

**Wild
Rebel Child**

Hurt – Shame - Anger - Rebellion



Healthy Messages



Internalising the Nurturing Parent Voice



**I'm listening
I've got you
You're safe
I'm proud of you
I believe in you
You can do it!**



Internalising the Free Child : The Natural Child



**Unselfconscious
Playful
Emotionally Open
Responsive
Vulnerable**



Internalising the Free Child : The Little Professor



Curious
Exploring
Intuition
Problem-Solving
Innovative



Internalising the Structuring Parent Voice



**Good Boundaries
Empathic
Socialised
Think of others
Good manners**



Internalising the Socialised and Nurtured Child



Self-worth and security
Empathy and compassion
Can name feelings
Respectful of boundaries
Optimistic and resilient
Group identity



Unhealthy Messages



Internalising the Critical Parent Voice



**Stop whining!
What's *wrong* with
you?
I'm ashamed of you!
You don't *listen*!
You're pathetic!
What do *you* know?**



Internalising the Adapted Child Voice



THE PERFECTIONIST

I have to get it completely right

THE SELF-DISQUALIFIER

I was just lucky, they were just being kind...

I must be good
I must be watchful
I must be successful
I must work harder
I don't fit in
Don't let them down

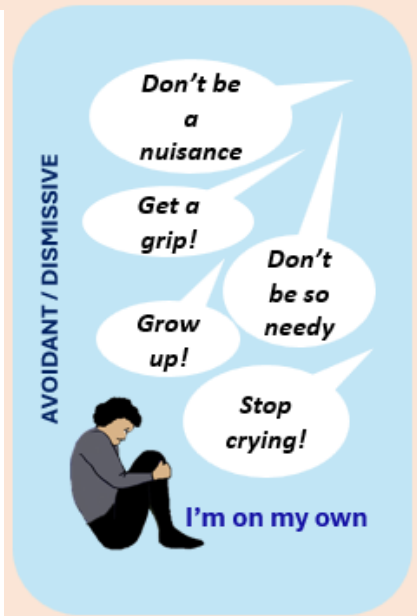
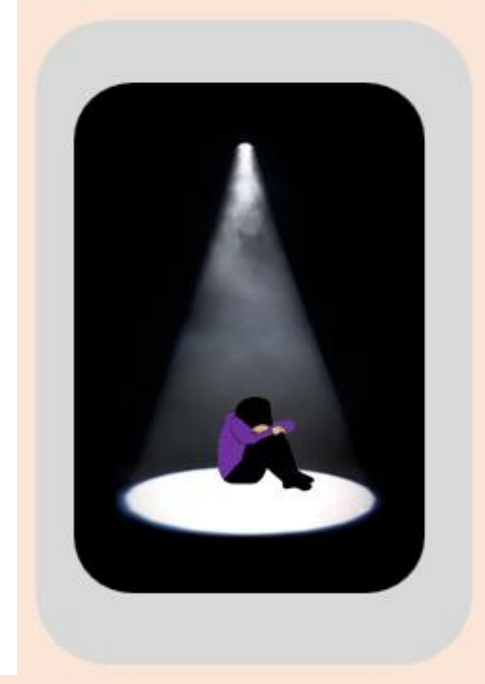
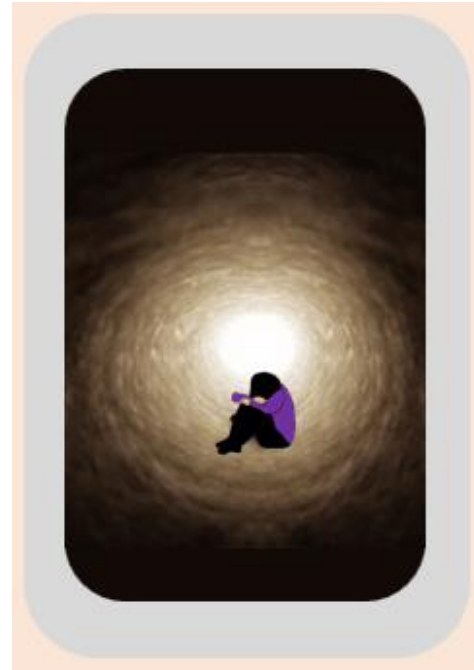
OUT

I will never be part of the 'in' group - I don't fit in

THE INNER CRITIC

Messages from the past make me doubt myself

Internalising the Hurt Child Voice



Trusting is scary
There's something wrong with me
I'm ashamed of myself
I'm making a fuss
I'm on my own
I'm a liar



Internalising the Spoiling Parent Voice



**A sense of entitlement
Narcissistic
I am extra special
The world revolves around me
The rules don't apply to me**



Internalising the Rebel Child Voice



**I'll kick up a storm
I'll shout and scream till
I'm heard
I'll make you take notice
of me**



The Adult ego state interacts in the here and now, not from past conditioning, or how other people have told them to be.

While aware of Parent and Child dynamics, the Adult is more open, more rational, less quick to make harsh judgments on a situation or person.

In the Adult ego state, we are more likely to be respectful, make compromises, listen to others, value our own needs and have healthier relationships.

