

1:1 Stage One Self-Assessment...

*Unmet needs in each child development stage can be observed **in present-day symptoms**. For each of the following statements assign a rank between 10 (High) and 0 (not at all).*

- ___ I do not feel I have a right to ask others to meet my needs
- ___ Feeling close to others frightens me
- ___ The world feels like an unsafe and fearful place
- ___ I have a strong need to be in control in order to feel safe
- ___ I don't like affectionate touch or touching others (hugs, kisses)
- ___ I have a hard time acknowledging and responding to my own wants and needs
- ___ I have a difficult time giving attention to others
- ___ I have a strong or excessive need to be admired by others
- ___ Despite what others say, I doubt that I'm lovable
- ___ I have experienced addictions or compulsions involving the mouth (oral, ingestive objects such as drugs, alcohol, food, cigars, cigarettes, chewing tobacco, nail-biting, thumb/finger sucking, etc.)
- ___ I have difficulty trusting others even if they are trustworthy
- ___ I lack trust in myself to take care of my needs
- ___ I do not trust others to care about or respond to my needs
- ___ I have a tendency to lose hope or feel hopeless about ever being happy or getting what I really want.
- ___ I have a tendency to trust too early in a relationship or friendship
- ___ I have deep fears of intimacy because it could result in abandonment

1:2 Journaling

Take a few moments to think about each question. Remember that your problems from infancy relate to the need for trust, safety, and nurturance. You may be surprised when you actually start looking here to see the degree of dysfunction that relates back to a specific time in your life. You may feel grateful to have made this discovery, or it may trigger painful feelings.

1. When was the last time you were held and cuddled by someone you really cared about?
2. What does trust mean to you?
3. Are you a trustworthy person? If so, how do you demonstrate trustworthiness?
4. For whom do you feel the most trust? What is it about this relationship that inspires trust?
5. Do you generally feel physically and emotionally safe with those for whom you care deeply? How do you feel about this?
6. How do you feel about being depended on and being dependent upon someone else? Write about those relationships in your life where this is the case.

7. Do you feel a right to have needs? Are you afraid to acknowledge that you need?

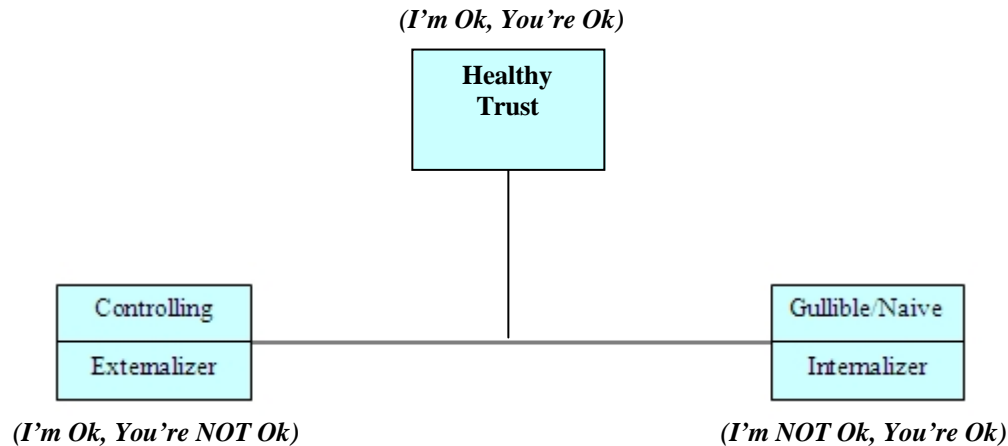
8. Do you feel your needs are adequately met, or do you feel your needs are mostly unfulfilled? Give details.

9. Now, explore and combine all the data that you obtained from the developmental questionnaire and the above journal questions to make a list of issues your toddler self carries. Some examples are:

- Inability to trust others to care about me or be there for me
- Inability to feel safe with people or in the world
- Difficulty knowing what I need and how I feel
- Inability to trust myself to take care of myself or meet my own needs
- Difficulty being close to others and telling them how I feel

1:3 Diagram of Possible Outcomes for Stage One...

The vertical axis on the diagram below represents the range of possible outcomes for Stage One – **Healthy Trust** (top) to **Mistrust** (bottom). The horizontal continuum represents the range of possible negative outcomes from *frequently Externalizer* to *frequently Internalizer*. Put an “X” anywhere on the diagram that fits with your position in your most intimate **present day relationships** (most of the time).



Keep in mind that we can move around on this line depending upon the situation, circumstances, and especially what ego-state we are in (*Angry Child, Vulnerable Child, Critical Parent*, etc.) We are likely to stay in the Adult Ego-State at work or out in public.

In our private lives, especially if we are wounded, with loved ones and family members we cannot avoid being triggered into the *Externalization of the Angry/Defiant Child* and/or the *Internalization of the Vulnerable/Needy Child* ego-state. This is where and how the Drama Triangle, Figure-Eight, and other dysfunctional relationship patterns arise. (See *THAW*, Chapter 7)

“Internalizers” or Codependents:

People who have *disowned or cut themselves off (dissociated) from their Angry/Defiant Child ego-state* tend to get caught up in the **Internalizer** role – such as those who were not allowed to express anger outwardly or perhaps a parent was abusive and a *rage-a-holic* so that it was dangerous to express your anger.

“Externalizers” or Counter-Dependents

Those who have *disowned or cut themselves off (dissociated) from their Vulnerable Child ego-state* tend to gravitate toward the **Externalizer** position – such as those who were not allowed to have their feelings or families where vulnerable feelings were considered “weak”.

Healthy, Positive Outcomes:

Those who had a predominantly positive outcome to this and all other stages are able to own and experience both their Angry/Defiant Child and their Vulnerable/Needy Child ego-states *from an integrated position* – i.e., because they have not been emotionally wounded, these two essential elements of self are simultaneously active and working together in harmony.

The Normal Function of the Vulnerable/Needy and Angry/Defiant Parts of Self:

A healthy Angry/Defiant part provides access to just enough personal power to establish a sense of separateness while a healthy Vulnerable/Needy part helps let the walls down enough to really connect with others (only those who are safe and also able to connect in healthy ways). It is NOT having the ego-states (i.e., parts of self) that are the problem – it is the level of woundedness that each of the parts carry that causes the reactivity.

Trust, Safety, and Nurturing are the themes during this stage.

The extent to which we have a positive outcome directly influences our abilities to trust, care for, and protect ourselves and others. If we have a negative outcome to this stage we will recycle through the negative emotional themes (abandonment, shame, and contempt) and recreate the experiences of this time in our development until we “get it right” – which is the goal of this section of the program.

Think about how this fits with you and those closest to you...Note your thoughts and observations below:

Journal Assignment: Thinking in terms of trust, safety issues, and nurturing, what outcomes to this stage do you think your father demonstrated? How about your mother? Your past partner(s)? Your current Partner? What outcomes have you demonstrated in your past and present relationships? Other comments, thoughts and feelings on these Findings:

1:6 Communication & Daily Dialogue

The exercise will help the Adult self separate further from your Children within by helping you determine their likes and their dislikes. It also gives your Child self a chance to ask you questions. In this way, the adult and child begin to develop a healing and healthy relationship. Here you go inside and imagine having a conversation with your child within. Record the conversation in your journal. This can become a “*daily dialogue*” if you choose.

Infants can communicate, but they cannot use words. If you do not get verbal answers from your child within, try to interpret body language, feelings, sounds, or other Sensations that you can intuit. Some people feel they communicate best with this part of themselves using a form of imaginary telepathy. If that works for you, use it. As you work with the older children within, their ability to communicate will mature.

To begin your dialogue, *write each question in your journal using your most dominant hand. Use your least dominant hand to record your inner children's responses.* Use the name for the child that you chose in the previous visualization exercise.

1. What is your infant's favorite color? Favorite story? A favorite lullaby?
2. Using your infant's eyes, look around the room you are in. What is the object in that room your Inner Infant most wants to touch? If it is safe imagine the child touches it.
3. What does this child need the most from you?
4. How does this child feel about you? Does it feel abandoned or ignored by you? Why?
5. Does the infant understand what it means to be reclaimed by you? If not, explain that it means he/she will longer be alone again; you will make sure that the basic needs are met.
6. Does your baby like to be held? If so, imagine a rocking chair and sit with the infant for a while. Write about this experience.

7. Is there anything the infant wants to know about you?

8. What joys does this child want to offer you and what prevents this from happening?

Learn to use this journal exercise daily if necessary by tuning into the feelings you have throughout the day and realizing that it may be one of your inner children signaling you that they need your attention.

1:7 Developing a Protector

Each inner Child may want to have its own *Protector*, sometimes more than one. Start by letting your child within first create the one that it needs the most. This Protector is the character you bring in to provide special care that the Adult self is unable to provide.

Creating a Protector is a way to ensure that your inner child will never be alone. It's as if this Protector is assigned to your inner child and will always be there to care, even when your Adult self is occupied in your day-to-day affairs. There are no guidelines for creating this protector, let your inner children be your guide.

1. Ask the Child within to tell you about the person or character for which it feels the most trust. If your child can select anyone in the world, real or imagined, to always be there, who would choose? *(It can be Superman, an angel, Mother Teresa, or your Higher Power. It can also be a relative, movie star, or a childhood friend's parent.)*
2. Ask your inner Child to draw a picture that represents this protector. Have the child use crayons or colored pencils and use the least dominant hand to draw the picture.
3. Assure your inner child that this protector will be available any time the child needs that protector.

Keep this picture here in this work and keep it stored in your imagination, too. Always be ready to call in this protector for support in your work with your inner Child. This character will care for, protect, and entertain your child. It is this image that will help meet the emotional needs of your child and heal the gaps left from the child. Complete this exercise by acknowledging a partnership between this Protector and the Adult self. Call in your Higher Power as well, if this seems appropriate, because these three are the team that will heal the Children within. Record your responses in your journal.