

THE ADULT, CHILD AND PARENT WITHIN

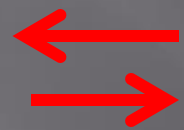
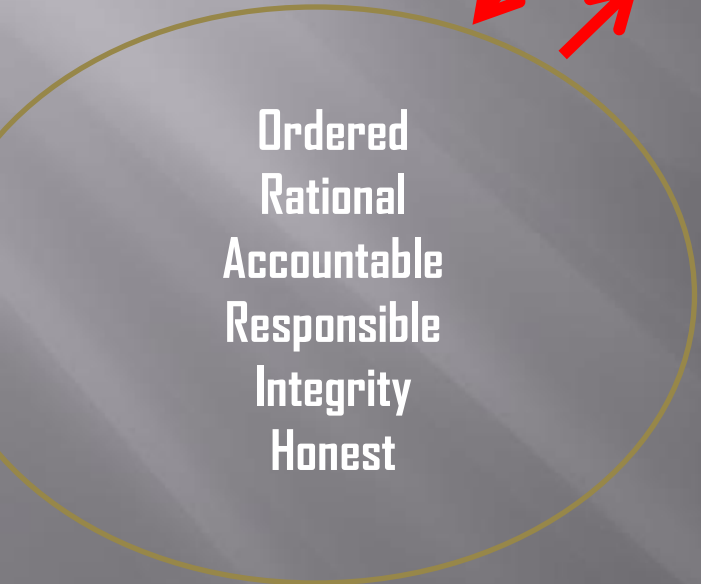


3 Primary Roles

“Achieving harmony in your inner and outer world”

Within us all, exist the 3 primary roles that we have or will have to embrace
This is the Child, the Parent and the Adult

PARENT



MATURE ADULT

CHILD

The Fractured, bruised child

- ▣ Due to the imperfect and harsh realities of the human and natural world we live in, **our inner selves become dysfunctional.**
- ▣ This disenables the mature adult to develop or harmonise with his inner child or parent
- ▣ **Thus the person never reaches mature autonomous personhood and will not interact harmoniously with those “children” and “parents” he interacts with in his outer world every day.**





THIS IS MY LITTLE BROTHER – HE BELIEVES IN FREEDOM OF SCREECH.



To achieve
harmony and
balance in our lives
we need to
function
unfractured and
appropriately in
all 3 spheres using
the adult, child and
parent as and
when needed with
wisdom, patience
and
understanding.

Find Your Inner Child

Then spank it and send it to its room.
We don't have time for that whining little brat.



The mature adult, parent or child responds with AAA

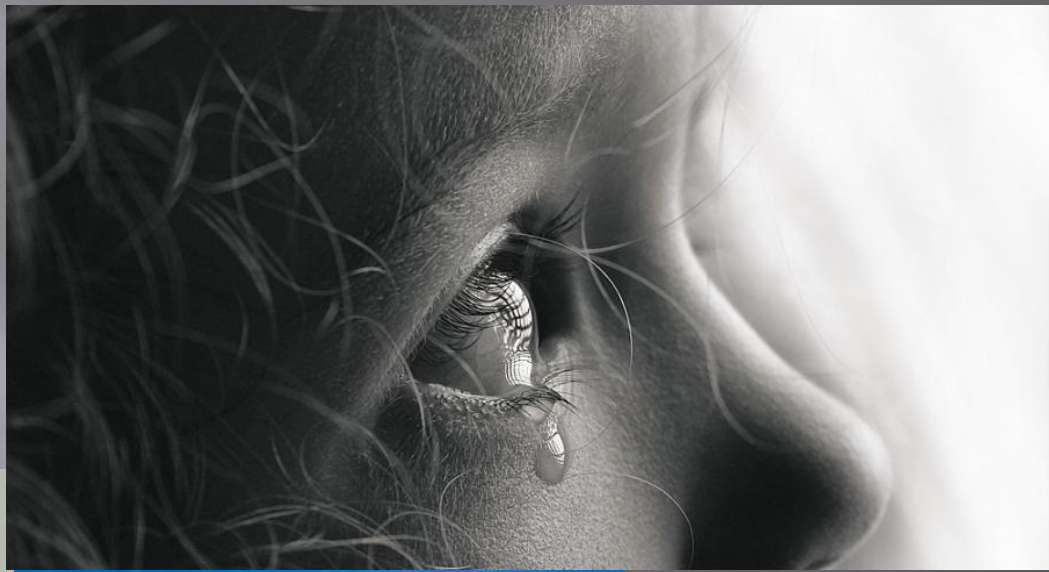
When we function out of the correct sphere we are able as adults, parent or child to identify when we feel angry, ignored and criticised and whether it is due to hurt, fear or frustration. **The mature adult will respond with acceptance, affection and attention, thus soothing the child within.** In this way you become the care taker of your own feelings, growing in self-awareness, confidence and responsibility for who and what you are.





The Mature response to a hurt child. AAA Response





When People learn how to truly love, embrace and care for their hurt inner child, actively accepting their inner child's creativity and wonder they learn to let go and live with abandon and joy.



Adult behavior
or sometimes positive parent
or creative child-like responses are
needed with a hurt and angry
“Child”.

“Adult "behavior is
unjudgemental, lacks prejudices,
is rational, fair, respectful
and speaks the truth with care

**Know the history and Signs of anger
of yourself and those you live and
work with.**

Determine the cause.

Accept them;

**give attention to them and the cause
of their anger.**

Give real and true affection.



The critical Response to the hurt child: The CCC Response



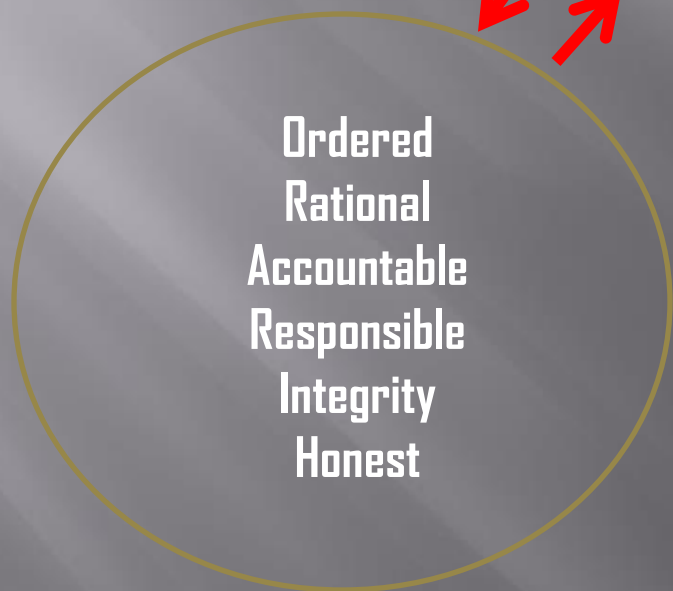
Avoid Criticism, Complaining, controlling or condemning.

This will take all the patience you can
muster.

If you respond as a critical
condemning parent
the tamtruming “child” just stamps
and screams more,
the withdrawer hides deeper.

“Achieving harmony in your inner and outer world”

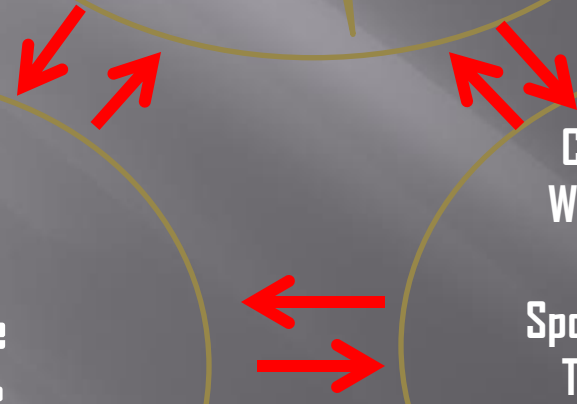
PARENT



MATURE ADULT



CHILD



Mature parent/adult relationships with the inner child



The balanced relationship with an inner child

These are relationships that exhibit deep and mutual acceptance of one's own and other's creativity.

They exhibit:

- ▣ Nurturing and care for each other's and one's own autonomy.
- ▣ Gently moderating each other's and your own enjoyment.
- ▣ Bolstering abandon with advice and self-control .
- ▣ Asking not telling.
- ▣ Lastly and most importantly allowing unconditional love and self-love to well up spontaneously.

Finding the Inner Child



- ▣ Young and old alike love to visualise their inner workings.
- ▣ I can think of no better way to understand ourselves than to find an animal that can embody it all expressing that
- ▣ which the heart can only feel.

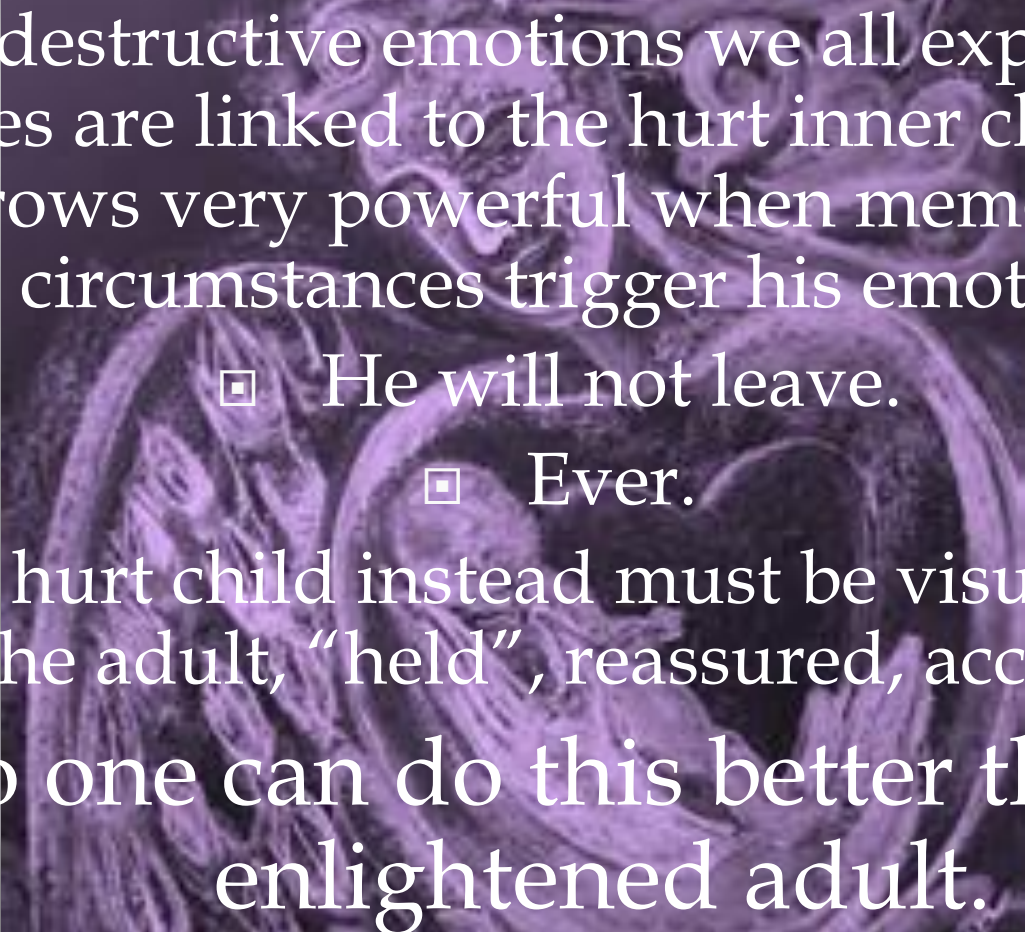
People who take the time to identify
with their inner child will find a
universe of exciting options. As they
consciously search for a child animal
metaphor, they will discover the
child

and its accompanying hurt child
**Looking deeply into the soul they
discover their strengths
weaknesses and essence.**







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- ▣ The destructive emotions we all experience at times are linked to the hurt inner child, who grows very powerful when memories or circumstances trigger his emotions.
 - ▣ He will not leave.
 - ▣ Ever.
 - ▣ The hurt child instead must be visualized by the adult, “held”, reassured, accepted.
 - ▣ No one can do this better than his enlightened adult.

