



You are Magnificent, Unleash Your Authentic Self

Overcome Your Binding Shame and Build a Strong Core Self

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Workshop 9 Exercise

REPARING

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Now imagine, you are your own caregiver (your adult self is the parent of you as a child then, and of your inner child now...) with "good enough" parenting skills, great compassion and kindness, and the ability to meet all your needs... In your mind's eye, give you as a child then / your inner child now what you needed. Redo the situation you described with you as the caregiver:

What nurturing behaviors would you give (Mother your Self):

What structural and protective behaviors would you give (Father your Self):

Bring the essence of this to the present time...

What Mothering and Fathering values will you subscribe to going forward?

Mothering (regarding self-care...): _____

Fathering (regarding self-management...): _____



Part II
Change the reflection and increase your self-acceptance

Make a list of characteristics about yourself that don't work for you in your life, that flow from the messaging you received growing up (impact on your self esteem, view of your self, coping, defense mechanisms, reactions, physicality, view of others and the world, and such)...

Now make a list of characteristics you appreciate about yourself, that you love, that make you unique, that make you feel special, that others have mentioned are great...



Radiance Statement™

Imagine you are outside your Self, looking at yourself from a higher enlightened plane and being able to see your Authentic Self... In a couple of sentences capture the essence of how magnificent you are...

Part III
Time to undo the Shame!

Identify the primary parenting style you received growing up:

What is the running script you have going on about yourself, interactions with loved ones and the world as a result of the caregiving you received?



Identify the vulnerable feelings going on underneath the above that drive your defenses and your MO:

Translate these feelings into needs:

Narrow down your needs into a Global (main) Need:

Meet your need!

Choose a practical and tangible action or behavior to be implemented on a pattern repetition and/or that tweak your TimeMap that targets and meets the underlying need...

Mothering (self-care - nurturing, acceptance...):

Fathering (self-management - structure, routine, boundary setting...):



Targeted Reparenting

Select a target reparenting approach for the parenting style you received to work with:

What is the next step deriving from this targeted approach?

When will you do this by?

Your Support Buddy is:

Part IV

Connect to your heart's content!

• *Nurture the connection with your higher Self (God, Universe, etc) – create a ritual to enhance your spirituality. What is it, when will it take place?*

• *Nurture the connection with your Self – make time for You to do things that enrich your Self. Select the time and the activity:*

• *Nurture the connection with your Partner – set a consistent Couple Time to share, synchronize, get on the same page, address concerns and needs. What are options for this time? Select a time with your Partner and create a repeating event in your calendar for it.*

Part V

Inner Guided Meditation: Unbind Your Shame

- Basic grounding... Deep breaths, relax all muscle groups, focus on breathing in and out and releasing tension, breath out negativity, breath in love... Set the intention to stay connected to your Self and your loved ones...
- Now take a moment to go back in time. A time when you were btw the ages of 5 and 10. Take a moment to feel yourself travel through time to this period.
- Remember what it was like growing up in your home, with your family or the people that lived with you. Who was there? What did everyone look like? How did the home look? How did your stuff look? How did you look? How did it feel being there? How did it feel growing up in that home, with your family, with those people? How was it growing up?
- Sit
- Now think about the themes in your childhood. What type of experiences did you have? What kind of interactions were the norm in your home? How did your caregivers usually respond to you? How did they treat you? What was your relationship like with them? How did they interact with you? How did they look at you?
 - » What would upset them? What would get them mad at you? What would rile them up? What were the typical things that bother them? What were you doing? How were you being? How did you look? That would upset them...
- How did they react? How did they show you they were upset? What did they do? What was their usual way of dealing with you?
 - » What did that look like? What happened? What would they do? What was their usual MO? Remember how this played out as vividly as you can...
 - » How would they be after the moment passed? What did you come to expect?
 - » What else comes up as you go back to this time? What else might you remember to get a fuller picture of how you were, or weren't, disciplined?
- * What kind of parenting style was this? Feel the essence of the style... Abandoning, rejecting, controlling, etc. You might have been exposed to a combination of styles... Just sit with the predominant one. The one that hurt you the most...
- Sit with the experience of being treated the way you were. What comes up for you? How did you feel? How do you think you self, or would have felt? Did you feel: alone, abandoned, not important, not wanted, rejected, not seen, like a burden, not good enough, stupid, small, not valued, unworthy, controlled, suffocated, smothered, ugly, what else?
- How did you deal with these experiences? What messages did you take about yourself, about the world, from them?
- Know that how your caregivers went about parenting you - shamed you. Know that how they tread you – created shame in you. It gave you negative messages about yourself. It snuffed your sparkle...
- Know that how they treated you was not your fault, regardless of what you did or didn't do...
- How they treated you was not ok. Shame on them!

- What comes up for you at the realization that your caregivers didn't do right by you in terms of this? It's ok to feel angry about this. It's ok to feel anger at them around this.
- Now turn your attention to your body – imagine the shame that was generated is a slimy, dark, opaque substance that coats your insides... covers all your organs... covers every single cell in your body... – it permeates your being...
- Imagine you shine a bright spotlight on the substance. To which it responds by recoiling. It pulls back onto itself... retreating from the cells... retreating from the organs... retreating from our inner body walls.... It shrinks into a fist size ball and settles near your heart...
- Imagine you are able to put your hand through your chest cavity and pull it out with out creating any damage to your body. Go ahead, in your mind's eye, reach into your chest, grab hold of the ball, get a tight grip on it, and pull your hand out.
- You feel the relief in your cells. Your cells are dancing with joy...
- Look at your hand, you are still holding the ball. Take this moment in... You are looking at the ball. You are looking at the ball that is your amassed shame...
- You know its time to say good bye to it. Tell the ball you no longer welcome it. Tell it you are done with it.
- Now, bring your attention to your real hand, here and now. Imagine the ball is in your real hand, right here and now. It's sitting there in your hand...
- In a bit we are going to get rid of it... Prepare yourself for this monumental event...
- Now, imagine your caregiver/s are standing at the front of this room... as they were when you were little... Look at the ball and tell it is time to go back to its rightful owner/s...
- Now, physically, right here, lift the hand that's holding the ball up as a baseball pitcher would. Prepare to pitch the ball... Prepare to pitch it at your caregiver/s.
- On the count of 3, I want you to hurl it at them and in your minds eye, say – This is yours! Keep it!
- Ready? On the count of 3, you will hurl it and say – This is yours, keep it!

One... two... THREE!

*Feel the release... Feel the relief... Feel the liberation... Feel the absolution...
Feel the buoyancy... Feel the lightness... Feel the warmth... Imagine your
light blasting through you! Imagine your Sparkle permeate your being...
Your Soul is finally free...*

*Take a few moments to sit in your own radiance. Bask in it. Enjoy it. And
when you are ready you may open your eyes...*



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