



Stop Recurring Dissatisfying Patterns

*Reprogram your emotional self, improve your self
regulation, and increase your EQ*

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Reprogram Your Emotions...

Reprogram your emotional self, improve self-regulation and increase your EQ to:

- ❖ *Stop the hair-trigger reactions*
- ❖ *Get off the emotional rollercoaster*
- ❖ *Understand your and your partner's feelings better*

Learn how to be less triggerable, create emotional safety and increase emotional intimacy.

The Caregiving We Received...

Caregivers are a Mirror

The caregivers serve as a Mirror for the child to show them who they are... This is how children learn about themselves, literally organize and wire their brain, develop their personality, learn skills, how to manage themselves, about relationships, and about the world. The caregivers have tremendous power and responsibility. They get to shape another human being... This is what actually makes becoming a caregiver/parent so amazing!

The problem is that most people have unaddressed and unhealed childhood trauma that they bring into their caretaking along with their imperfections. This perpetuates the cycle of dysfunction and pain.

- **Mirrors Identity** – creates false identify
- **Mirrors Esteem** – creates low sense of self
- **Mirrors Body Image and Awareness** – creates distorted view and perception of physical appearance (body reflects how we feel about ourselves!)
- **Mirrors Distorted Reality** – creates negative internal judge/critic (warped lens distorts reality)
- **Mirrors Behaviors** – creates poor self management, relating, coping and other behaviors

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The Impact

The primary way that children are affected is that their self-image becomes distorted, they lack a strong sense of self, they develop extremely low self-esteem and their emotional development is thwarted. The impact and suffering is at least as much as if they've been physically assaulted...

We are not necessarily in touch with our sense of self until something happens to make us pay attention to it. Criticism and compliments spotlight it. Being self-conscious means that for whatever reason, we have become preoccupied with how we are doing or how we are coming across to other people. As we grow older we become self-conscious and we feed our self-consciousness with a lot of self-deprecating assumptions.

Self-consciousness interferes with our ability to be our authentic self...

The Less-Than-Perfect-Caregiving

Has the same impact as being neglected and abused...

It create shaming experiences with messages of not being good enough, bad, unwanted, worthless, unloved, and such... They promote a feeling that our very own Being is wrong...

This shame creates an underlying feeling of unworthiness, that makes us want to hide or cover up...

We become Shame-Bound: Riddled with low self-esteem, worthlessness and self hatred.

- We feel inferior, bad, unacceptable, different from others.
- We become hyper-sensitive and defensive. Feeling ongoingly criticized or attacked, to which we respond by attacking. Also, by becoming perfectionists.

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Reparent Yourself...

Reprogram the messaging impact

Parenting Types & Their Messaging Impact...

Neglectful or Inadequate Parent -> I'm Unlovable

This deprivation results in adults that are anxious and insecure, emotionally undeveloped and/or have low self-esteem.

Abandoning or Rejecting Parent -> I'm Worthless

These children tend to suffer from extreme insecurity and feelings of worthlessness.

Smothering, Possessive or Intrusive Parent -> I'm Nothing with out My Parent

These parents don't allow their children the space to grow and develop their unique personalities. They restrict and limit their children's potential to make something of themselves in the world. They create an attitude of hopelessness and powerlessness for the child.

Overly Controlling or Tyrannical Parent -> I'm Powerless

They cause their child to feel powerless.

Perfectionist -> I'm Never Good Enough

They end up growing up feeling inadequate, incapable, awkward or inept. Their self-esteem tends to be very low, and they have little faith I their own abilities. They are often overwhelmed with anxiety whenever they have to perform in anyway and this sets them up for failure.

Hypercritical or Shaming Parent -> I'm Bad or I'm Unacceptable

Parents can destroy their child's confidence, self-esteem, and self-image. Instead of motivating children, they destroy their ability to succeed, their capacity to change, and ability to self motivate. The message they send to their child is that they are a bad person or unacceptable.

Self-Absorbed or Narcissistic Parent -> I don't Matter

The message they give their children is that their needs are not important and that they do not matter. The child becomes the carrier of both the parent's rejected imperfections and their grandiose fantasies.

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Give your Self exactly what you need!

Do targeted reparenting given the parenting style your received...

Neglectful or Inadequate Parenting, & Abandoning or Rejecting Parenting:

- Pay attention to yourself - don't abandon Your Self
- Allow yourself to feel your pain
- Practically take care of yourself
- Be mindful of how you deprive and indulge yourself – moderate this
- Stop attacking our self with criticism and beating yourself up
- Redirect anger from your self to the less-than-perfect/abusive-caretaking – stop protecting your caregivers!
- Set yourself up to get external validation to help raise self-esteem

Smothering, Possessive or Intrusive Parenting:

- Determine frequency and conditions on how often you wish to see your parent
- Set limits around invasive parent – physical and emotional boundaries
- Figure out your role in continuing boundary violations
- Don't ask for help from smothering parent
- Speak up when boundaries are violated

Controlling or Tyrannical Parenting:

- Quiet your inner critic – enlist the assistance of your higher Self...
- Acknowledge and feel your pain
- Start by telling your story to a compassionate witness...
- Break free from parent's / other's domination – create space, see parents realistically, let go of expectations from them
- Discover own power and take it back – confront your parent's abusive behavior as appropriate (even if only by imagining it) and tell them how you feel
- Create a protector in your mind to help with the above
- Continue to develop self-acceptance and self-love

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Perfectionist Parenting, & Hypercritical or Shaming Parenting:

- Differentiate between guilt (about something we did) and shame (about who we are)
- If you tend to self-blame, translate your shame into appropriate placed anger at caregiver and let the shame flow out of you
- If you defend against shame by projecting it on others by raging at them, identify what triggered it, feel the vulnerable feelings underneath, translate them into needs and meet them appropriately

Self-Absorbed or Narcissistic Parenting:

- Create a separate self – separate yourself from your parents, your parent's opinions of you, and their values, false beliefs, and negative habits
- Mourn the loss of a healthy childhood
- Don't be afraid to look inside – know your true self!
- Allow yourself to experience life
- Explore your creativity
- Join a support group / community
- Focus on establishing an inner life

Reparent Yourself: Messaging Antidote

Identify which parenting style you received growing up. Refer to Related Workshop 9, of The Workshop Experience, for detailed descriptions of each parenting style. There you'll also find additional processes for reparenting yourself...

Once you have what caregiving experience(s) you had growing up, then select the corresponding reparenting tactic you'll embrace to undo the impact and programming and help yourself grow up and continue developing... Capture below or in your Journal:

Identifying the primary caregiving received and targeting that one is ideal. If two were significant then capture as well. You might have had other flavors but try to narrow it down to two at most:

Parenting 1 Received: _____

Parenting 2 Received: _____

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Reparenting Tactic 1: _____

Identify 3 specific actionable recurring behaviors you can do regarding this tactic:

1 –

2 –

3 –

Reparenting Tactic 2: _____

Identify 3 specific actionable recurring behaviors you can do regarding this tactic:

1 –

2 –

3 –

Integrate 2 Tactics into your Daily Routine, note when they'll take place:

Tactic 1:

Tactic 2:

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Reparent Yourself: Don't Abandon Yourself...

Our approach to coping with the impact of the messaging ends up creating more pain and havoc in our lives and relationships...

A significant side effect is that we focus externally to get reassurance, validation, connection, security and the like. This external focus is at our own expense at the end of the day: We end up "abandoning" ourselves. We neglect our needs, don't honor our feelings, don't express our preferences, don't share our desires, and so forth.

To start shifting this, we have to go a little deeper to address the underlying unmet needs driving the defenses in our external focus...

Tending to Your Little Kid...

Use your preferred Grounding Technique (i.e., meditation, deep breathing), and visualize yourself as a young child. This is not a memory or how you were as a child, but a *representation* of you as a child.

~ In your Journal, describe what you Inner Child looks like, who they are like, what they are experiencing, what their needs, wants and desires are...

~ Make a commitment to check on your Inner Child daily to assess what they need at that moment and to give it what they need... Things they might need include things like: Meeting basic needs of food, sleep, and such..., attention, validation, compassion, acknowledgement, affection, praise, understanding, acceptance, grace, and so on...

Your unconscious mind doesn't know it's you giving yourself these things... In giving these things to yourself you are meeting your Inner Child's needs, and meeting your unmet needs lingering from childhood...

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Rewire Yourself...

Let your experiences work for you

Connection to Higher Self

If you don't like meditation, you really need to figure this out for meditation is pretty much the magic pill... There are many different forms of meditation, if you don't already have this in your repertoire, this is your HW#1.

Do the research. Experiment. Get help with this. Integrate it into your daily routine...

In meditation we actually Connect with Ourselves... And, in this connection there is safety, security and so much more...

The benefits are really unmeasurable:

- Being more aware
- Being more clear
- Being more aligned
- Being more intentional
- Being more abundant
- Being more positive
- Being more happy
- Being more grounded
- Being more flexible
- Being more responsive
- Being more energetic
- Being more resourceful
- Being more healthy
- Being more youthful
- Being more knowing and wise
- Being more expansive
- Being more Timeless

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Self Compassion

We can be very mean to ourselves in action and habits, in our thoughts, in what we allow, in how we self ourselves up daily, and so on...

In your Journal – do an entry exploring how you are mean to yourself... Make a promise to me more mindful, kind and compassionate towards yourself, and to intentionally set up your days so you are preventative of situations that result in you neglecting and abusing yourself...

Rich Self-Care Practice

Whatever your self-care practice is, you can stand to step it up a notch!

In your journal capture what your self-care practice is today.

Explore what you would like it to be.

Select a new Self-care habit to integrate into your routine.

These practices, the more the better, give you love, attention and care and help soothe, regulate and integrate the different parts of the brain that are in high-alert and dysregulated...



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Expand Your EQ...

Taming and sharing your internal world of feelings creates intimacy

Emotions are our Universal language...

Not only are they felt the same across different cultures, they have vibrational frequency that's attuned to our higher-selves, and the Universe...

They boil down to basic energy particles, where all Is and where we are all Connected...

When we shutdown, ignore or dismiss our feelings we are giving the finger to our Human Experience, our Journey and the Universe... We reject Love itself...

This emotional drought hinders how we operate and our overall Human Experience...

There are 6 Core Universal Emotions

HAPPINESS, SADNESS, DISGUST, ANGER, FEAR AND SURPRISE

These emotions are felt in their primary, secondary and tertiary expression, refer to the Emotions & Feelings Wheel, and combinations of them create additional feelings...

Feelings carry a wealth of information and even instructions... Dismissing or burying them just cheats us of Guidance...

HONORING OUR FEELINGS ALLOWS US TO:

Correctly interpret our experience, get our needs met, respond appropriately to others and situations, and wisely choose our course of action in our Journey...

They can be decoded to help us navigate life:

- **When we feel good**, we are on the right track and experience blessings and positive experiences.
We have a higher frequency vibration that allows us to experience other high frequency experiences...
- **When we feel bad**, it's an indication that we are not on the right track and need to course correct.
We have a lower frequency vibration that creates other low frequency vibration experiences...

They can be decoded to help us meet our needs:

- When we feel alone, we need company or connection
- When we feel rejected, we need acceptance
- When we feel criticized, we need acknowledgement
- When we feel dismissed, we need to be heard
- And such...

They can be decoded to help us relate to others:

- When we see sadness, we can provide empathy
- When we see loneliness, we can provide company
- When we see fear, we can provide reassurance
- And such...

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THEY CAN BE DECODED FOR MEANING AND INSTRUCTION

EMOTION/FEELING	DRIVE	EXPERIENCE	INTEGRATION
Love Passion Joy	Worthiness Motivation Abundance	Aliveness Engagement Generosity	Expression, Connection Take Action Give & Receive
Fear Anger Pain Guilt Shame	Security Acknowledgement Growth Check-and-Balance Unworthiness	Panic Rage Hopelessness Stuckness Underserving	Protection, Safety Address Injustice Heal, Learn Make Amends, Repair Self-Compassion, Self-care



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In your Journal, explore how your EQ has helped or hindered your intimacy with yourself and others...

- Note, which are your usual go to emotions and what purpose they serve in your life. How they support you. How they get in the way.
- Note, which emotions you have a hard time honoring and commit to playing with these going forward...
- Note, what would happen if you shared your emotions and state of mind with loved ones, assuming it's an appropriate context of course.

Take note that sharing your internal world and vulnerability creates intimacy.



Showing up regulated and in connection with ourself
allows us to show up more Authentically...

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Always a Pleasure Serving You!



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