

# Get Unstuck with Self ReParenting

By Emma K Viglucci, LMFT



## Inner Child Work to Transmute Your Recurring Patterns

*It is common for partners to feel stuck and unable to create  
the relationship they desire...  
They get stuck in repeating dissatisfying patterns.*

Partners sometimes feel like they are not where they are supposed to be in life or in their relationship. They feel like they are walking in molasses trying to create the relationship and life they desire. Or worse, sometimes they feel completely stuck in that no matter what they do they can't seem to get ahead, make changes or create what they want.

They find themselves in the same situations, fights or patterns over and over, they can't crack the code, and any strides made don't hold for long... They are stuck in showing up with their Lower Self, and therefore their life and relationship don't feel right...

This happens because we are not intentionally addressing the drivers of our repeating patterns, we are stuck in the habit of being ourselves...

You can turn yourself into a pretzel trying to make the changes and muster all the discipline in the world to apply to your habits. But if your programs running the show are not reprogrammed or released, no matter how much effort you put in you won't create much change in your world at the end of the day... You'll stay in the mediocrity and suffering...

What is required to get unstuck is letting go of ego, fear, defenses, and programs... Of blaming, numbing, and burying our head in the sand.

It's time to get, honor and care for all of you so you can transmute or transcend your pattern and start living your new life and relationship.

It's time to allow the New You...



Emma K Viglucci

**WHEN WE ARE  
NOT  
INTENTIONALLY  
ADDRESSING  
THE DRIVERS OF  
OUR REPEATING  
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ARE STUCK IN  
THE HABIT OF  
BEING  
OURSELVES...**

**Learn how to be the New You and create your  
New Relationship and New Life...**





# THIS MASTERCLASS HELPS YOU:

## **Part I ~ Seeing Your Pattern Sets You Free**

Understand what creates stuckness, the master Codependence Pattern, and how you cocreate this with your partner, or another. Learn how the less-than-perfect-parenting you received growing up created emotional trauma that is still stuck in your body and subconscious and inform the programs running your life...

## **Part II ~ Loving Your Ego Sets You Free**

Move from Codependence to Interdependence, from attachment (ego/fear) relating to love (heart/expansion) relating, for more harmony, joy, and love in your relationship and your life. Empower yourself with increased personal responsibility and ownership, improved boundaries, and un-shaming yourself to transform your pattern...

## **Part III ~ Connection Sets You Free**

Create a reprogramming, reparenting (self-mothering and self-fathering), and transcending practice to remove the shackles of your Lower Self—learn to embrace your Higher Self. Reclaim your childhood, grow yourself up, and unleash your brilliance to savor and utilize the power of Now.

### ~~ IMPORTANT ~~

Block time off to dedicate to get started on your transformational processes. For your dedicated time, create a cozy and inspiring space to help you get in the mood and support your work. Turn off all distractions and sequester yourself (LOL)

Have the following handy as well:

- Candle or diffuser, aromatherapy oils
- Zen music or nature sounds
- Water or tea
- Journal and/or Working Notebook
- Pens, color pens, highlighters, stickers and other supplies that you would enjoy
- Calendar





# SEEING YOUR PATTERN SETS YOU FREE

## ~ PART I ~

### SEEING YOUR PATTERN SETS YOU FREE

*Understand what creates stuckness, the master Codependence Pattern, and how you cocreate this with your partner, or another. Learn how the Imperfect Caregiving you received growing up created emotional trauma that is still stuck in your body and subconscious and inform the programs running your life...*

We are inherently wired for love, attachment, and connection, and to fear abandonment as a survival mechanism... We are raised in a primary “survival relationship”. We form ourselves growing up through the interactions we experience with our primary caregivers.

**Therefore, any hurtful behavior by our primary caregivers growing up was impactful creating very intense fear-based emotions.** Not only were we susceptible to our caregivers, but additionally we received hurtful Imperfect Caregiving (IC) from their imperfect human selves...

If the IC was frequent and without repair, we were “emotionally abused” without anyone being the wiser. Emotional abuse is a hurtful pattern of behavior, occurring on a continuous basis over time. Some even experienced additional abuse. The abuse caused relational trauma and shaming, where the pain got held in the muscle tissue of our body and got imprinted on our neurological system. We became shame-bound.

**The pain and programming stays stuck in our body unless we do something about them...**



# SEEING YOUR PATTERN SETS YOU FREE

Our caregivers served as a Mirror for us to show us who we are... This is how children learn about themselves, literally organize and wire their brain, develop their personality, and learn skills, how to manage themselves, about relationships, and about the world.

## Imperfect Caregiving Mirrors Distortions...

- Mirrors Identity – creates false identify
- Mirrors Esteem – creates low sense of self
- Mirrors Body Image – creates distorted view and perception of body
- Mirrors Distorted Reality – creates negative internal judge/critic
- Mirrors Behaviors – creates poor self-care, self-management and relating

**IC attacks a child's emotional development and sense of self-worth.** The IC's shaming experiences give the child the message that they are not good enough, bad, unwanted, worthless, ugly, unlovable, etc. The shame is ravishing causing extreme low self-esteem, feelings of worthlessness, self-hatred, feeling inferior, "bad", unacceptable, and different from others. It affects the child's sense of self where they come to view themselves as unworthy of love and affection.





# SEEING YOUR PATTERN SETS YOU FREE

## Shaming Experiences...

**Emotional Abuse** - Includes both acts and omissions by caretakers, including teachers, that cause serious behavioral, cognitive, emotional, or mental disorder in a child, even though it was unintentional:

- Verbally abusing - giving constant criticism, ridiculing, blaming, belittling, insulting, rejecting, inappropriate teasing, flooding with contempt and humiliation
- Having unreasonable expectations - placing excessive or unreasonable demands on a child that are beyond their capabilities
- Controlling - being overly controlling, restrictive and rigid Emotionally smothering - being overprotective or unwilling to allow the child to create a separate life from their caregivers
- Rejecting or emotionally abandoning - being cold and unresponsive and withholding love
- Neglecting – failure to provide basic physical needs like food, water, shelter, attention to hygiene, emotional, social environmental, educational and medial needs, and adequate supervision
- Emotionally neglecting - failure to provide the nurturing and positive support necessary for a child's emotional and psychological growth and development.
- Inattention - to a child's need for acknowledgement, affection, and emotional support.
- Uninterested - in a child's feelings, activities and problems.

**Psychological Maltreatment** is a professional term for emotional abuse that is deliberate. It has intent to harm:

- Rejecting – refusal to show affection, communicate
- Isolating – preventing child from participating in normal opportunities for social interaction
- Terrorizing – threatening the child with severe or sinister punishment, or deliberately developing a climate of fear or threat
- Ignoring – caregiver is psychologically unavailable to the child and fails to respond to the child's behavior
- Corrupting – caregiver behavior that encourages the child to develop false social values that reinforce antisocial or deviant behavioral patterns, such as aggression, criminal acts or substance abuse.

**These caregiving tactics promoted a feeling that our very being is wrong...**

When this is severe, the caregivers have recognition of their wrong-doing, experiencing their own shame around their behavior. This can become so large that they spill their emotions onto the child, where then the child "carries their caregivers shame".

They then also have "carried shame"...



# SEEING YOUR PATTERN SETS YOU FREE

**Shame makes us hyper-sensitive and defensive against real or perceived criticism.** This is managed with attacking rage at the source it, and/or by compensating for any real or perceived flaws with the pursuit of perfectionism. Neither creates a desired outcome, perpetuating the shame cycle. The shame is such a deep feeling within us of being unworthy that it makes us want to hide.

**We keep what we believe to be unsavory about us in the dark...**

Our self-consciousness and self-deprecating assumptions interfere with our ability to be our authentic self... This manifests as self-destructiveness or sabotage, depression, suicidal thoughts, passivity, withdrawal (avoid social contacts), shyness, addictions, aggression, anxiety, overwhelm, or our inability to create the relationship and life we desire.

**Shame is a master emotion that creates codependency in relationships...** Partners are very sensitive to overt, covert or perceived criticism, feedback, and the slightest suggestions that they have made a mistake, are wrong, or don't measure up... The shame that gets triggered is intolerable, where they become obsessed about how they are perceived...

They blame each other for their stuckness, and they can't own their own contribution to their situation for admitting wrongdoing is too shameful... They continue to point fingers triggering each other's shame... They trigger "shame attacks" where any kind of reaction is possible...

Their interactions can become very reactive, volatile and chaotic compounding attachment raptures (disconnect) and fueling their stuck pattern. It is then challenging to reset and get back to positive interactions from this relationship injury and attack on the Selves.

**Attempts at repair and making up might add insult to injury as they are usually self-preserving and other incriminating perpetuating the cycle...**





## REPARARENTING RX™

~ REFLECT ~

SHINE LIGHT ON YOUR PROGRAMMING

### WORK IT

In this Part we'll focus on understanding and reflecting on how the caregiving we received growing up informed our programming still driving us today...

#### Process 1: Identify Your Programming and Patterns

1) Remember, you learned to be who you currently are... You have a tendency to polarize under stress and conflict. Which way do you tend to lean on each if you had to choose a side?

#### The Two Sides of the Codependency Pattern™ Relational Polarization...

Couples tend to polarize as listed below due to specific gender brain wiring, socialization, personality, defense mechanisms and identification with male and female energy.

<ul style="list-style-type: none"> <li>___ Underfunctioner in relationship</li> <li>___ Minimizer (simplifies interactions/ situations)</li> <li>___ Distancer (withdraws from interactions/situations)</li> <li>___ Rigid boundaries</li> <li>___ Lets other take control / ownership / responsibility</li> <li>___ Passive-aggressive</li> <li>___ Narrow range of emotions (shutdown)</li> <li>___ Narcissistic personality characteristics</li> <li>___ Independent</li> <li>___ "Me" oriented, separate/freedom preference</li> <li>___ Little access to memories</li> <li>___ Needless / "clueless"</li> <li>___ Dismissive</li> <li>___ Left brain dominant (linear thinker, appears controlled / posed, reticent)</li> <li>___ Vertical focus</li> <li>___ Hunter – goal/purpose oriented</li> <li>___ Protector Instinct</li> </ul>	<ul style="list-style-type: none"> <li>___ Overfunctioner in relationship</li> <li>___ Maximizer (exaggerates interactions/ situations)</li> <li>___ Pursuer ("hounds" in interactions/ situations)</li> <li>___ Lose boundaries</li> <li>___ Controlling of other / takes over / overly responsible</li> <li>___ Manipulative</li> <li>___ Emotional, emotive, sensitive</li> <li>___ Borderline personality characteristics</li> <li>___ Dependent</li> <li>___ "We" oriented, together preference</li> <li>___ Elephant memory</li> <li>___ Needy / clingy</li> <li>___ Martyr</li> <li>___ Right brain dominant (circular thinker, appears flaky / crazy, verbose)</li> <li>___ Lateral focus</li> <li>___ Gatherer – experience oriented</li> <li>___ Caregiver Instinct</li> </ul>
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**TOTAL MALE ENERGY: \_\_\_\_**

**TOTAL FEMALE ENERGY: \_\_\_\_**

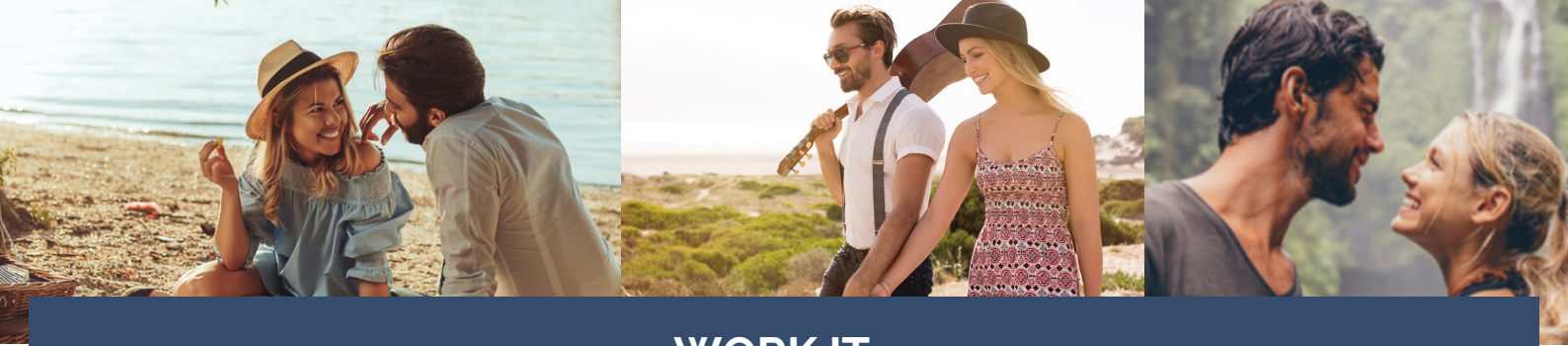




## WORK IT

2. What from your partner (or close other) invite or trigger your more polarized behaviors and reactions?

3. What are the emotions and feelings behind the above? How do you experience them?  
(I.E., anger, hatred, rejection, fear, unworthy, self-loathing, guilt, shame, abandonment, loneliness, grief, etc.)



## WORK IT

4. Identify when you felt those or similar emotions growing up...

5. What did your caregiver/s say or do to engender those emotions?



## WORK IT

6. What were they reacting to?

7. How did you perceive and experience them when they had those reactions?

8. What did you take their behaviors/reactions and messaging to mean about you? What other meanings did you assign to those?

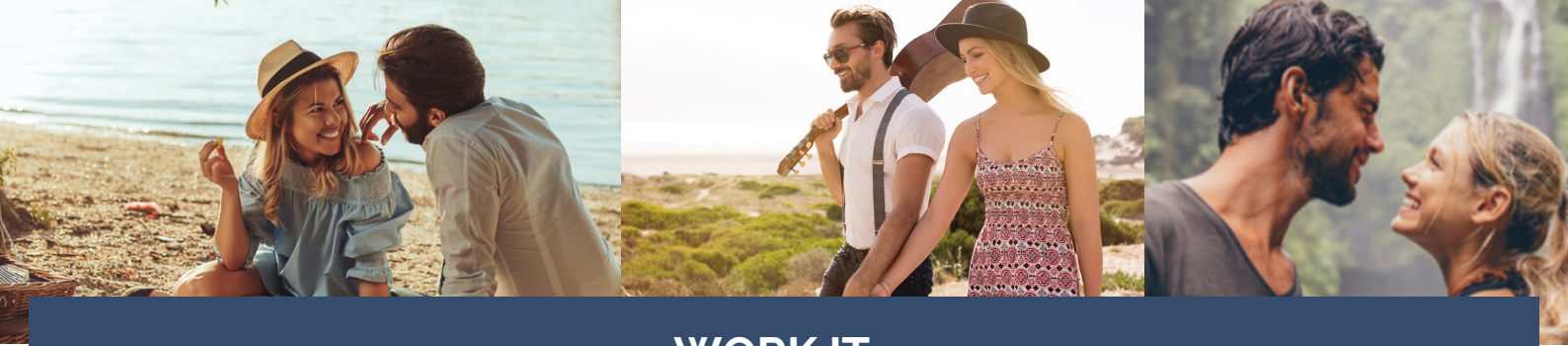




## WORK IT

9. When do you perceive similar behaviors, reactions and messaging today?

10. How do they impact you? Where do you feel it in your body? How do you respond?



## WORK IT

11. How do you feel about your experiences? What emotions do you feel about this?

12. Feel all your pent-up emotions, express them, and release them... Anything of note around this?



## WORK IT

### Process 2: Shine Light on Your Darkness...

1. How do you set up your partner to give you more of the same?

2. How has your perception of your circumstances changed given the work you've done so far?





## WORK IT

3. What values, beliefs, scripts, and views can you update given your work so far?

4. Give yourself understanding, compassion and love for what you experienced, perceived, and internalized... And continue to... You are OK. You are amazing...



## WORK IT

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## LOVING YOUR EGO SETS YOU FREE

~ PART II ~

### LOVING YOUR EGO SETS YOU FREE

*Move from Codependence to Interdependence, from attachment (ego/fear) relating to love (heart/expansion) relating, for more harmony, joy, and love in your relationship and your life. Empower yourself with increased personal responsibility and ownership, improved boundaries, and un-shaming yourself to transform your pattern...*

When we feel stuck in our relationship and/or life, it has to do with us not taking full responsibility for ourselves and our side of things... This usually means we continue to let our programs run the show, we point fingers and blame the outside world for our experiences and circumstances, and we are not proactive about creating what we desire—having our brilliant human experience... We operate from our patterns, from our Lower Self...

#### Shifting Our Dynamics and Patterns

- ▶ **Take full responsibility for everything about us and our lives...** This means we proactively mind our own circle and not our partners... Imagine you are inside an invisible hula-hoop that is malleable and contains everything about you, others have one as well, and your relationship is the \*synergy in between your hula-hoops (\*concept updated from circles overlapping...). We are to fully show up to and fully own everything in our circle including ourselves...





# LOVING YOUR EGO SETS YOU FREE

We Are Stunted Developmentally & Stuck in Old Programming		
We are to grow ourselves up by moderating our defenses		
Child Characteristic	Defense (To Be ReProgrammed)	The Challenge is Having Difficulties
Vulnerable	Too Vulnerable or Invulnerable	Setting appropriate boundaries
Immature	Extremely Immature (chaotic) or Over Mature (controlling)	Experiencing and expressing own reality
Imperfect	Bad/Rebellious or Good/Perfect	Owning and expressing own reality
Valuable	Less-Than or More-Than	Expressing appropriate levels of self-esteem
Dependent (Needing/Wanting)	Too Dependent or Antidependent (Needless/Wantless)	Taking care of adult needs and wants

► **Set appropriate boundaries...** Boundaries are set on ourselves, not others... Who are we to teach, punish or give somebody consequences? Setting effective boundaries means we are clear about what is acceptable, and unacceptable to us and about what we'll do to create the acceptable and address the unacceptable. We are to take action to remedy any unacceptable situation for ourselves, and stop manipulating others...



## LOVING YOUR EGO SETS YOU FREE

### WE NEED BOUNDARIES TO:

- **Define us** – What is me and not me, shows where I end and another begins provides proper sense of ownership *[fenced in yard]*
- **Protect us** – Keep nurturing in, harm out *[have barb and gate on the fence]*
- **Empower us** – Clarifies what to own, gives freedom *[can do with yard as wish]*
- **Organize us** – Responsible to others and for ourselves, carry our own load and can help others with theirs but it is still theirs *[responsibilities with yard]*
- **Promote us** – Taking responsibility opens up options! *[can show off yard and entertain]*
- **Preserve us** (purpose and mission) - Holds us true to our values *[can create lifestyle desired]*
- **Affirm us** – We get to authentically show up and shine *[win best yard of the neighborhood award]*

### POOR BOUNDARIES CREATE SYMPTOMS SUCH AS:

- Overcommitment of schedule and responsibility
- Anger management issues
- Unkept promises
- Lies and exaggerations
- Perpetual complaining / gossiping / whining
- Poor sense of self and confidence
- Addictions
- Health, financial and other problems
- Unsatisfying relationship (Codependent Relationship)
- High tolerance for inappropriate treatment
- Tendency to disengage socially
- Difficulty dealing with stress
- Difficulty adjusting to new situations and integrating new experiences
- Lack of personal accountability and follow through
- Unachieved goals, dreams and visions





# LOVING YOUR EGO SETS YOU FREE

► **Disempower our Ego with Love...** Our Ego operates out of fear, it wants to take care of us and it does so by keeping us small, protected, blind and numb. To that end it creates programs, habits, and addictions that don't serve us because they do their job so well that they keep us in the status quo, and stuck... We are to recognize our programs and transmute them by owning that we are separate from our caregivers and their influence, by lovingly tending to our emotions, and transcending our egoic coping...

Reprogramming by Tending to Our Inner Child	
Wounding, Reactive & Closed ~ No Inner Bonding ~	Healing, Responsive & Open ~ Inner Bonding ~
<b>Deny</b> – Unwilling to feel pain	<b>Recognize</b> – Willing to feel pain
<b>Abandon</b> – Unloving adult, irresponsible	<b>Responsive</b> – Loving adult, intentional
<b>Codependent</b> – Unloving behavior	<b>Interdependent</b> – Loving behavior
<b>Negative Consequences</b> <i>Personal</i> – Dependent, addictions and symptomatic, low self-esteem, fearful and shame-bound, powerlessness, sour <i>Relational</i> – Disconnection, unloving and unloved, isolated, alienated, withdrawn	<b>Positive Consequences</b> <i>Personal</i> – Independent, detached and healthy, high self-esteem, fear-free and shame-unbound, empowered, joyful <i>Relational</i> – Connection, giving and receiving, closeness, intimacy, involved





**REPARENTING RX™**  
~ UN-SHAME ~  
REPROGRAM YOUR PROGRAMMING

**WORK IT**

In this Part we'll focus on taking back our power, healing deep rooted pain, and dismantling programming for shifting into the New You.

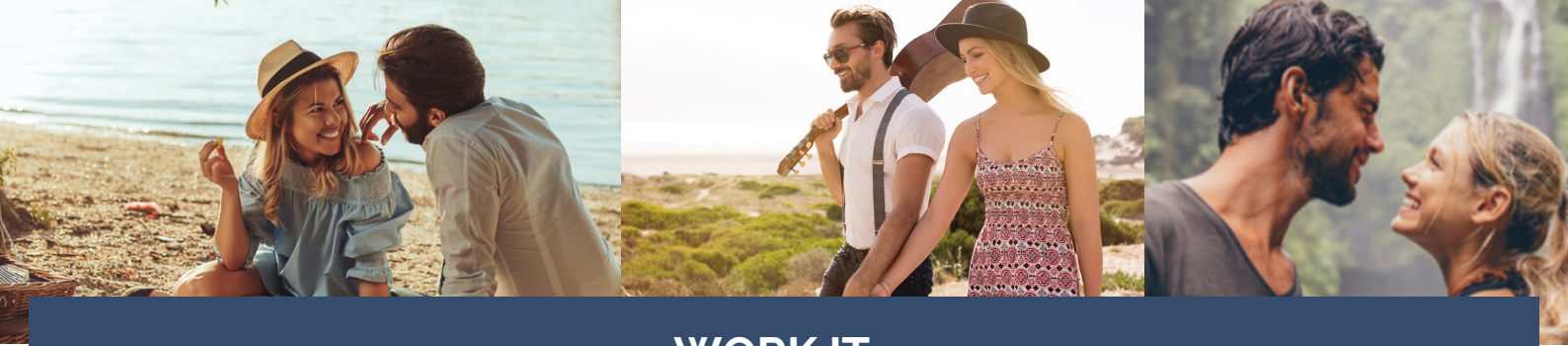
**Process 1: Take Full Responsibility for Yourself**

**1. Own yourself more**

a. Review the table on old programming provided in this part, and identify which of the 5 child characteristics have most been impacted for you- check all that apply and the side of the extreme you are closer to:

<input type="checkbox"/> Vulnerable	→	<input type="checkbox"/> Too Vulnerable	or	<input type="checkbox"/> Invulnerable
<input type="checkbox"/> Immature	→	<input type="checkbox"/> Immature	or	<input type="checkbox"/> Overmature
<input type="checkbox"/> Imperfect	→	<input type="checkbox"/> Bad/Rebellious	or	<input type="checkbox"/> Good/Perfect
<input type="checkbox"/> Valuable	→	<input type="checkbox"/> Less-Than	or	<input type="checkbox"/> More-Than
<input type="checkbox"/> Dependent	→	<input type="checkbox"/> Too Dependent	or	<input type="checkbox"/> Antidependent

b. For each item note how it shows up in your life:



## WORK IT

c. For what you noted above, decide how you will change how you show up in a more moderate fashion to own yourself more and transform any codependence:



## WORK IT

**d. Identify items from above related to the Defense that is most prevalent for you, and create a specific tactic or habit to implement that will address this theme**

### **2. Work your circle**

**a. Take inventory of where in your life you could stand to take more charge of your life (energy, time and space management)**

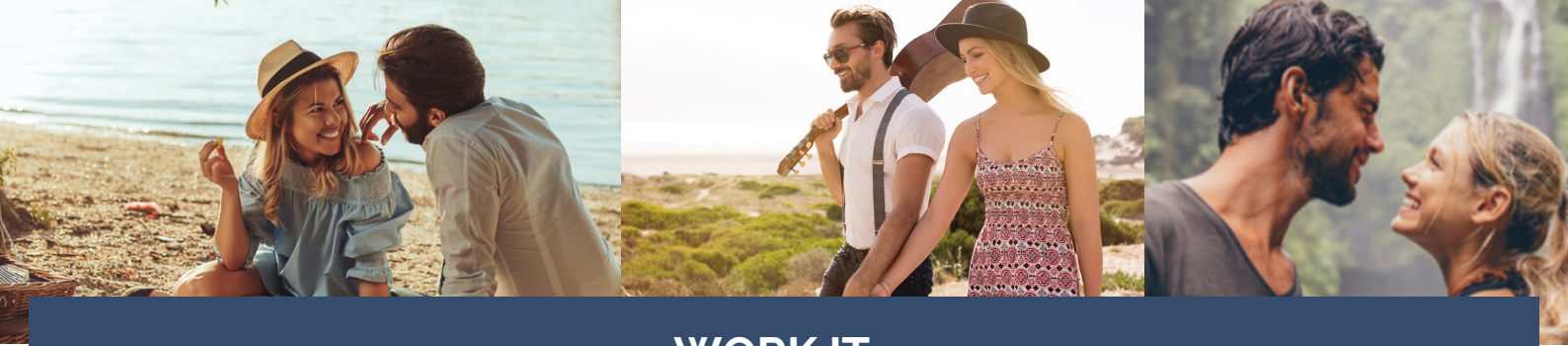




## WORK IT

b. Take inventory of where in your life you need to show up more and tend your business better (chores, resetting, parenting, finances, healthy habits, etc.)

c. Reviewing the two items above, choose an immediate action you'll take to rectify your functioning in a specific area



## WORK IT

### Process 2: Set Appropriate Boundaries

1. Annoyance and breaches - Take stock of your life and note where you could use better boundaries – where are you or others not being respectful towards your self?

2. Choose an item from above that when addressed it would have the most significant impact in your relationship and/or your life, and what boundary will you implement for yourself to make a change?



## WORK IT

### Process 3: Reprogram Yourself

#### 1. Inner Bond

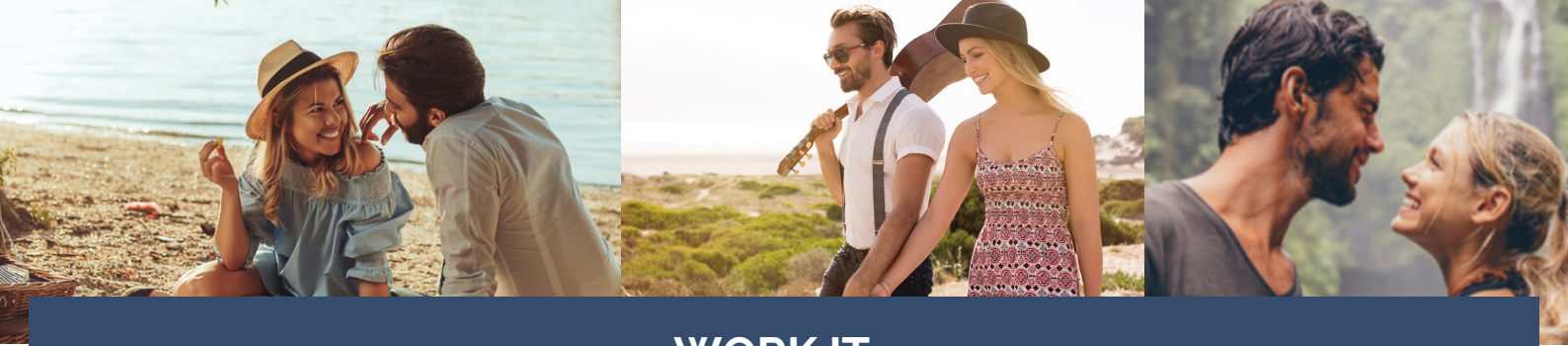
a. Journal as your Inner Child about an incident growing up...





## WORK IT

A large, empty rectangular box with a thin blue border, intended for a drawing or response.



## WORK IT

b. Write a letter to your Inner Child about what they wrote- give understanding, validation, reassurance, compassion, acceptance, love



## WORK IT

**c. Go into a meditative state and visualize your Inner Child experiencing what they described in the journaling prompt above... Imagine you go back in time and give the child what they would have needed in that moment...**

\*Give them food, protection, reassurance, affection, pep-talk, support, anything you identify would take care of what the child needed

### **2. Transmute**

a. Identify a major recurring theme in your relationship or life in general and capture what repeats about it, what happens, how does it play out, how do you feel, how does it impact your, your relationship and your life





## WORK IT

b. Recognize the programs running behind the story you shared... What fears are there, what messaging, what implications, what loyalties, what directives, what expectations, etc... Grab as many as possible.

c. Go review your capture above and notice where in your body might these programs be hanging out... Where you do you feel pain, discomfort, illness...?

\*Give yourself love and compassion for having carried this load and its impact for all this time... Take deep breaths and sending love to the body part that's holding the program... Feel your body relax and release...



## WORK IT

d. Notice how you have been dealing with the above until now... What coping mechanisms have you used to manage that are not healthy, productive, or contusive to your Best Life?

e. Shift the above Egoic Coping by disempowering the ego...

~ First acknowledge the ego's attempt at taking care of you...

**~ Then select one of the patterns to dismantle and design a tactic to undermine the ego's grip on it- a recurring behavior, challenge like, that would break the negative habit fueled by the ego.**

*Example: 100 days of meditation, 30 days of yoga, screen free for a month, inspirational reading for 1 hour for 3 months, etc.*

f. Feel the loss and sadness that will come up as a result of losing the pain, the defenses, the coping... Feel all your feelings and let them go...



## CONNECTION SETS YOU FREE

~ PART III ~

### CONNECTION SETS YOU FREE

*Create a reprogramming, reparenting (self-mothering and self-fathering), and transcending practice to remove the shackles of your Lower Self—learn to embrace your Higher Self. Reclaim your childhood, grow yourself up, and unleash your brilliance to savor and utilize the power of Now.*

It seems that Connection is the answer to everything... Connecting with our Self is definitively the magic pill. When we connect with ourselves, with our Higher Self, we are in connection with the Universe, Creation Energy, God.

In this connection we know who we are, our purpose, our desires and that we are radiant regardless of what we have been through in our human experience. Which by the way was all for us, for us to have an expansive experience...

That is actually our primary purpose to have a Divine Human Experience, and expansive experience where we continue to learn and evolve ourselves...

**Our task is to play at learning ourselves, transcending our perceived limitations and take in the magic that is this earth and this life...**

Because we are on a Journey and we forgot that we are when we first arrived at this life, the first order of business is to wake up to that truth and then to integrate all our experiences for a wholistic experience.

~ We can Connect to our past, and learn from our childhood ~ Reclaim  
~ We can Connect to our present, and learn in our life and be in the Now ~ ReParent  
~ We can Connect to our future, and learn who we becoming... ~ Resource





## CONNECTION SETS YOU FREE

### The Self-Love Practice

A rich Self-Love Practice is the easiest and funnest way to do our Connection... It ensures that we fully take care of ourselves, replenish, and evolve- protecting, honoring, owning, managing, nourishing, enriching, expanding, showcasing... It includes elements that support us shifting from our Lower Self to our Higher Self...

**1- Self-Honoring & Being** - Respecting and honoring ourselves- our values, our needs, our body, our feelings, our intuition, our perspectives, our space, our time, our preferences, our wishes, our dreams and so on. Self-Honoring has to do with really knowing, owning, standing-up for, and celebrating who we are and who we want to be.

**Embracing Self-Honoring** has to do with Setting up our lives so that it is in congruence and in alignment with our Core Self and so it supports us in becoming more and more our true, Authentic Self.

#### Related Tactics

1. Values
2. Essence
3. Feelings
4. Intentions
5. Roles

**2- Self-Management & Flow** - Self-Management has to do with taking full responsibility for ourselves- with learning how to properly manage ourselves and strive for excellence and high performance. It is about flowing through our days creating our Best Life...

**Embracing Self-Management** in our Self-Love Practice allows us to truly have our own back and support ourselves in our Journey... For the purpose of our Self-Love Practice, the focus is on how we set up and go about our days to effortlessly achieve our goals, experience joy and fully live our life.

#### Related Tactics

6. Time Mapping
7. Time Blocking
8. Routines
9. Habits
10. Special Days

**3- Self-Care & Resilience** - Taking care of ourselves- with having a wholistic self-care practice that generates vitality, health and wellbeing. The Self-Care Practice in this context refers solely as the activities that nourish and take care of our body and wellbeing.

**Embracing a Self-Care** has to do with taking care of our "meat suit", our human vehicle, so that it allows us to have a beautiful, full and long human experience... When we take proper care of ourselves, we slowdown the aging process, we increase our health, vitality, longevity and ability to truly enjoy our life.

#### Related Tactics

11. Sleep
12. Exercise
13. Nutrition, Supplements & Hydration
14. Grooming & Hygiene
15. Relaxation & Mindfulness

**4- Self-Connection & Radiance** - Having a strong relationship with ourselves- with fully knowing and accepting all parts of ourselves, with keeping our own company, with having our own back, with being more present, with nurturing ourselves

**Embracing Self-Connection** has to do with being in Connection with our Highest Self, our Soul's directive if you may. We embody our full Being, pursue our calling, embrace a full Human Experience that includes intentionally evolving... This is how we Radiate our Brilliance...

#### Related Tactics

16. Fully knowing and accepting all our parts
17. Having our own back
18. Being more present
19. Keeping our own company
20. Nurturing ourselves



**REPARENTING RX™**  
~ CONNECT ~  
**TRANSCEND YOUR PROGRAMMING**

**WORK IT**

In this Part we'll focus on integrating you, growing you up, and aligning you for a lighter, fluid and expansive joyous experience going forward...

**Process 1: Reclaim**

**1. Childhood Photos**

**Ask your parents, dig through the boxes, grab the old photo albums, pull out the flashdrives or the haddrives, access that back up file for photos of you as a child...**

\*Take a loving look at them- without judgement, without meaning, without interpretation...  
Observe what feelings come up, allow them, feel them, breath through them, let them go...

**2. The Joys of Childhood**

Capture of all the things that gave you joy as a child. The little moments, the play, the activities, the dreams, grab all the fun and joy...



## WORK IT

### 3. Childhood Dreams

a. Capture all the things you dreamed of as a child. The vision of your life, who you wanted to become, things you wanted to do, talents and interests you wanted to explore, careers you dreamed about or wanted to pursue, what your ideal partner would be like, and so on...

b. What inspiration do you draw from your reminiscing? What is one action you can take to make a childhood dream come true:





## WORK IT

### Process 2: ReParent

1. The Self-Love Practice includes the Self-Care and Self-Management components that are related to Self-Mothering and Self-Fathering respectively...

a. **Self-Fathering and Structure** – Here is where you get to provide yourself with the safety, security, and stability you needed growing up...

Gently make your way embracing the items below to design and fully own your life...

\_\_ TimeMap – Have your own back by mapping out how you'd like your ideal week to flow- assign time chunks for specific life areas so you make time for what's most important to you

\_\_ Challenges – Embrace 30-day challenges to target and support what you'd like more of in your life- these are great for breaking egoic programs and addictions...

\_\_ Routines – Design your ideal regular day from the moment you open your eyes to the moment you close them again- add simple routines through the day that are supportive and enriching

\_\_ Habits – Add specific habits to your routines to support what you are focusing on creating, birthing, manifesting...

\_\_ Practices – These are habits on steroids in that their impact is a massive lever in your life- doing a practice close to your heart changes the feel of your life...

b. **Self-Mothering and Nurture** – Here is where you get the unconditional love, care and nurturing you might have desired growing up...

Select exercise or activity to integrate into your daily routine, add more as you are inspired to do so and switch them out as you feel fit...

\_\_ Hold Body – Lay in fetal position, hug your knees to your body, give yourself a hug for a period of time

\_\_ Havening – Caress your face and your body in a downward motion to signal your nervous system that you are safe

\_\_ Mirror Gaze – Loving look at yourself in the mirror and give yourself compliments, love and appreciation while caressing your face and your body

Cont.



## WORK IT

\_\_ Body Work – Dry brush your skin, roll your body, give yourself or get a massage, or get any other body work that releases from within that you are called to get

\_\_ Self-Care – Review the tactics corresponding to this component and create a plan for taking care of yourself and meeting your needs... Keep it simple, integrate only one or two new habits at a time into your routines

### Process 3: Resource

1. The Self-Love Practice includes the Self-Honor and Self-Connection components that truly bring our Being and Radiance into your life...

Using the work you did in the prior process, integrate what comes up below into your routines, lifestyle... Focus on what feels imminent and really inspiring. Don't overload yourself with tactics – balance what you implemented, you can always add more later or swap out as it feels appropriate... More is not always better...

a. Review the tactics for **Self-Honoring** and see what resonates for you to play with- \_\_ exploring values, \_\_ your essence and energy, \_\_ your feelings, \_\_ your intentions, \_\_ your roles...

Identify an action to implement to start playing with your selected tactic:

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b. Review the tactics for **Self-Connection** component and see what resonates for you to play with- \_\_ owning parts of yourself, \_\_ having your back, \_\_ being more present, \_\_ keeping your own company, \_\_ nurturing yourself...

Identify an action to implement to start playing with your selected tactic:

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## WORK IT

**2. Real Connection** – It is time to step up your game in connecting with your Higher Self... This is where the juice and meaning of life is at... We pursue all other kinds of connection that leave us wanting when this is what does the trick and helps us with the others!

Choose one and add as you go as you please... Add your selection/s to your daily routine and your environment/s...

\_\_ Integrate a Mindfulness Practice that includes Meditation – address your egoic response to this and just do it...

\_\_ Pursue Being – in emptiness, silence, darkness, alone

\_\_ Cultivate Joy – Identify the little things that make you happy and sprinkle them into your life:

## ***ReParenting Rx™***

~ REFLECT ~

**Shine Light on Your Programming**

~ UN-SHAME ~

**Reprogram Your Programming**

~ CONNECT ~

**Transcend Your Programming**

**Here is to the NEW YOU!**





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