

Morning & WELCOME!

Short serenity prayer

The solution is to become your own loving parent!

Reading from Strengthening My Recovery July 5th

Deep breath exercise thumbs up thumbs down

We are all humans with human needs , thoughts , feelings and emotions

See appendix D hand out

A-Z emotion exercise

Introduce circle of comfort via big screen

- Feelings are sensations in the body
- They cause a chemical change , hormonally
- Emotions stem from the body trying to make sense of these stirrings and changes inside of us
- Emotions “push “ us into action either reaction or responsiveness. We have a choice if we are mindful.

Hint : emotions are energy in motion , they are supposed to flow and move. they can be used as a guidance system or a compass.

Parts work of internal family systems model

Definition of parts work

Why do we talk about ourselves in parts?

Healthy families Chapter 3

Healthy families talk, feel, and trust

Relating exercise (pg35) with raising of hands of dysfunctional family events.

What healthy families are (pg 31 & pg 33)

Give example

Inclusive rather than exclusive with game playing

Awakening your Loving Parent (pg 25)

Fist exercise

Write a letter to your loving parent (pg 22) suggestion

Deep breath exercisethumbs up thumbs down

HALT(Hungry..Angry..Lonely..Tired) for lunch

Welcome back!

Deep breathing exercise thumbs up thumbs down

Review humans with emotions:

Parts work discussing psychological parts:

- Loving Parent (pg 23)
- Critical parent (pg 53)
- Inner Child (pg 13)
- Inner Teenager (pg 65)
- Inner Adult

We can develop behaviors (with ourselves) to grow healthy families - first with ourselves and then others.

I may not always have control of how I think or feel but I am responsible for what I say and do ... what I say and do are my behaviors.

Triggers (pg 42)

→ What age do I feel when _____?

hint : if you're hysterical it's likely historical

Empathy (pg 115) Chapter 10

→ It is very important to have empathy for my inner child and all she has been through.

Please read: The empathy box on page 115

Standing - Stretching -Moving Break

Identifying Core Needs (pg 25)

→ All trauma triggers stem from unmet needs

Distorted Thinking Chapter 11 (pg 119)

→ This is where a Loving Parent shows up.

→ I need a loving parent as an internal resource to help me.

HALTS (Hungry..Angry..Lonely..Tired..Too Serious)

→ When I am able to understand my needs then I have choices and how to meet them and how I can respond rather than react.

Loving Parent practical actions (pg 23)

→ Get some examples: What Loving Parent action's have you done recently?

Q&A (if time allows)

Closing Circle of Comfort

Closing prayer: Long version of Serenity Prayer