



SELF PARENTING WORKSHEET

ROOTSANDTRUTH.COM

Write down a time, during this week, when you found yourself complaining or sharing a story where you felt like you were being “picked on”

After that instance happened, what was your inner dialog like. An example of inner self talk is: “It’s so stupid that I said that”. Or, “I was right--I know I was right.”

Observe what behaviors were coming out after this instance. Did you start complaining to a friend? Did you go buy a chocolate bar to reward yourself? Did you tell a big-dramatic story to your partner?

What is the reason you have for acting this way?

There is a reason that you feel that way about your experience. Validate yourself for feeling that way. Self validation may sound like: "You have the right to be angry. He didn't listen to what you had to say."

Now that you've allowed yourself the feeling of being needy, or being angry. (State these feelings in your own words.) How can you comfort yourself?

If you saw another who needed a hug, or a listening ear how would you respond to them? Could you flip that response back on yourself, how would you respond? What would you say?

If we are the only ones validating our experiences, then we may be very narrow-minded and be caught up in our behavior, because we simply can not see the perspectives of other. It is very important that as adults we hire a guidance counselor, a therapist or a trauma informed coach to help us validate our perspective.

When this work is done correctly, these specialists can psychologically step in as a parent role. This is one way of closing links of what we needed in childhood, but for a variety of reasons didn't receive.

For a link to directories to find a coach or therapist refer to:

<https://rootsandtruth.com/validate-experience>