

## Loving Parent

Loving, compassionate,  
curious, connected.



Spacious, gentle,  
supportive, calm.

### Wounded/Reactive State (Dysfunctional)

### Healthy/Healed State

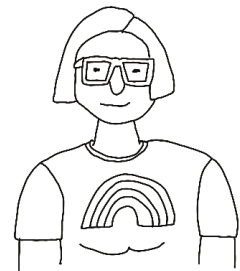
#### Critical Parent

- » Critical
- » Controlling
- » Fear-based, shamed-based



#### Critical Parent

- » Part who can relax
- » Supportive



#### Inner Teenager

- » Rebellious, impulsive, reactive
- » Inner child defender
- » Resentful, angry, shut down
- » Compulsive behaviors, use of substances



#### Inner Teenager

- » Authentic
- » Direct
- » Brave



#### Inner Child

- » Isolated, hidden away, guarded
- » In pain from trauma, neglect, and abandonment (sad, scared, worried, in shame)
- » False beliefs



#### Inner Child

- » Spontaneous
- » Sensitive, vulnerable
- » Playful, creative
- » Loving

