

Sample 15-minute Reparenting Check-in Script (In-Person, Zoom, or Phone Meeting)

Welcome, everyone. This is a 15-minute reparenting check-in meeting. We meet for 15 minutes total to practice the ACA reparenting check-in. The purpose of the call is to practice connecting to our inner children and listening to others model these skills. We keep our reports in each step brief. *(If no newcomers, skip to the moment of silence.)*

If this is your first time attending the call and you're new to the process, you may find it helpful to first listen so you understand the format, but you're welcome to join if you'd like.

The inner child *is prone* to more vulnerable feelings like hurt, fear, sadness, shame. The inner teenager *is prone* to feelings of anger, resentment and frustration. Yet, they can each feel the full range of emotions. The loving parent tends to the inner child or teenager by attuning to what they need: to be heard, nurtured, supported, or celebrated.

We use the “you” form so we speak directly to our inner child or inner teenager rather than describing what the loving parent would do or say. If you go into “why” this inner family member is triggered, beyond naming the trigger as people, places, things, distorted thinking/critical parent or describe content or memories, it's a sign the loving parent is not in the lead. We focus on empathizing with feelings and needs, rather than the distorted thinking or the cause of the trigger. This keeps the focus on The Solution.

You can share your name when you pop-in to share, but it's optional. Please say pass when you're done.

(Read if over 6 people: You're invited to follow along silently as we do this practice. We may move on before everyone has had a chance to share in each step of the check-in. In the last stage of this process, I'll give a verbal cue when your time is up at one minute. Respecting this boundary helps keep this a safe space to practice together so if you're running over, I'll let you know.)

[Moment of Silence] Let's open the call with a moment of silence to ground ourselves in the here and now.

Reparenting Check-in (12 minutes total)

A) You're invited to close your eyes or soften your gaze. Notice your breathing where it's comfortable for you, without changing it. *(Chair: Pause, do this step yourself so there's time to experience the breath)* What emotion are you feeling? *(Chair: Pause to notice and feel your emotions yourself)* What physical sensations—like constriction, fluttering, or warmth—are you aware of? *(Chair: Pause and do this yourself)* When you're ready, please share what you noticed about your breath, emotions, and sensations in a few words, saying pass when you're done.

B) Who needs the loving parent's attention now or in the recent past – the inner child, inner teenager, or both? It's okay if you don't know.

C) In a few words, what brought this state about? People, places or things? The critical parent or distorted thinking? Some combination? It's okay if you don't know.

D) Once you're feeling connected, curious or compassionate toward the inner family member who most needs the loving parent's attention, tend to them, focusing on their feelings and needs. What does this part of you need to hear or need you to do, which may include taking action after the call? *(Please give a "1-minute" verbal cue if needed.)*

(Begin to close two minutes prior to the meeting's end time)

Closing

Thank you all for sharing. What we hear on the call should remain on the call. Please respect the privacy of those who've shared here today.

(Chair: choose one option or your own) Let's go around and share, in a word or a sentence:

- An emotion that's alive for you
- Your reparenting intention for the day

Meeting Safety– for reference, not to read

If we get triggered by someone in the group, we might need support. If we aren't ready to discuss the issue with the person who triggered us, or if it's not something we must address directly, we agree to:

- Get support from someone outside the group. Goal: avoid triangulation, support group safety and unity.
- Not focus on that trigger during our check-in.

Please note

Modifying the reparenting check-in process or using it for commercial purposes is not allowed. If using this process outside of ACA meetings and groups, always give written and verbal credit to ACA WSO, citing www.adultchildren.org.