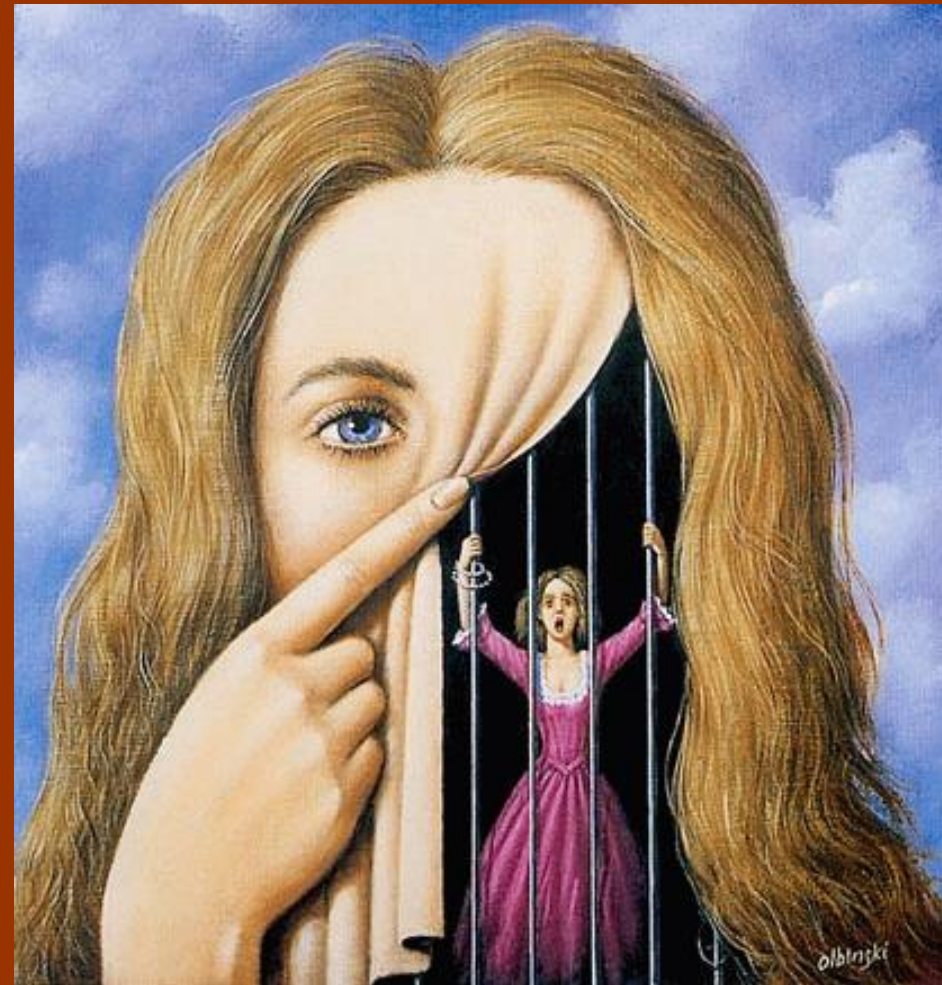


# SEARCHING FOR MY INNER CHILD



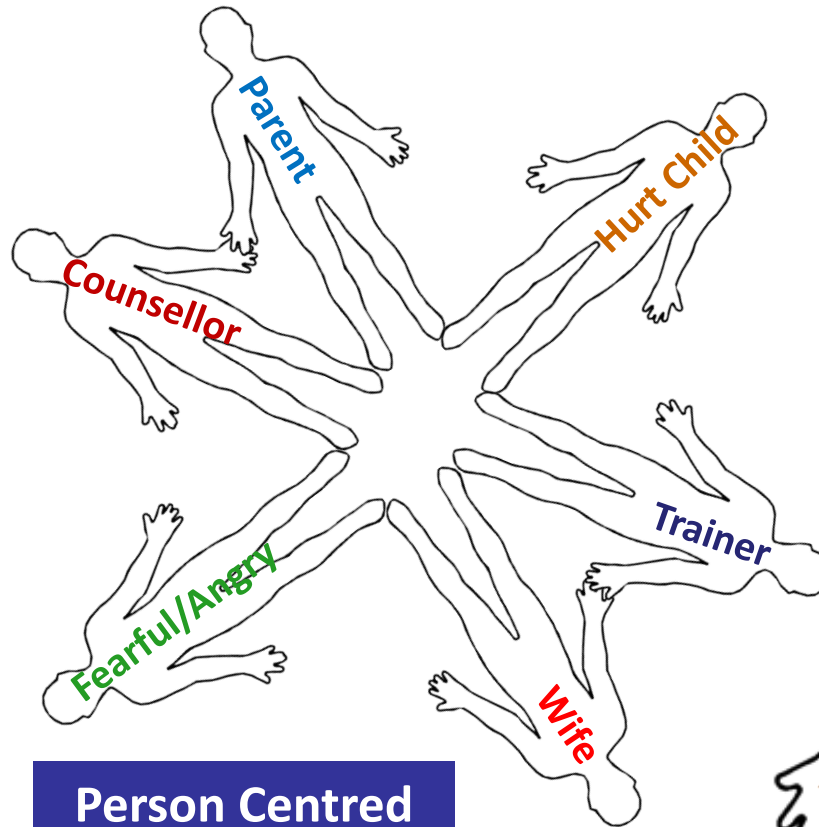
# THEORETICAL UNDERSTANDINGS

Parent

Adult

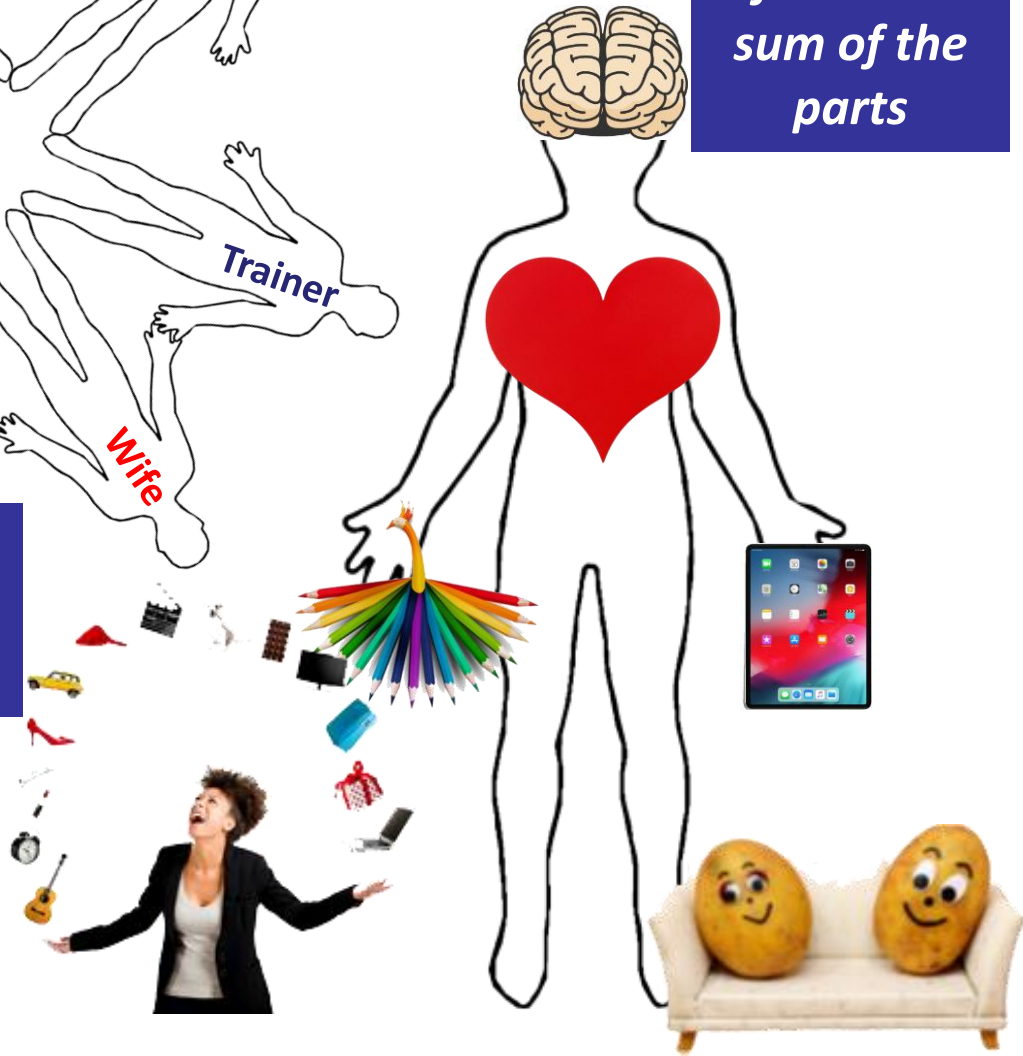
Child

Transactional  
Analysis



Person Centred  
Configurations  
of Self

Gestalt  
*The Whole  
is different  
from the  
sum of the  
parts*



# SPECTRUM OF DISSOCIATION

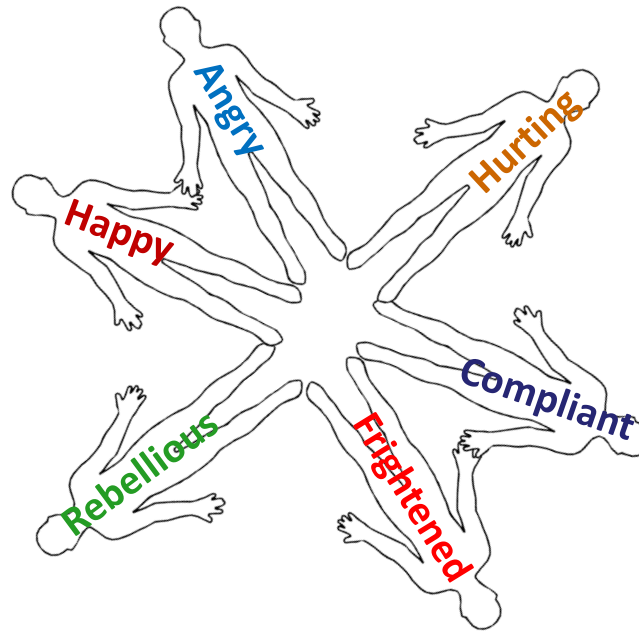
*Configurations  
of Self*

*Survival mechanism  
for trauma*

**Aware of  
an Inner Child**



**Aware of Several  
Aspects of Self**

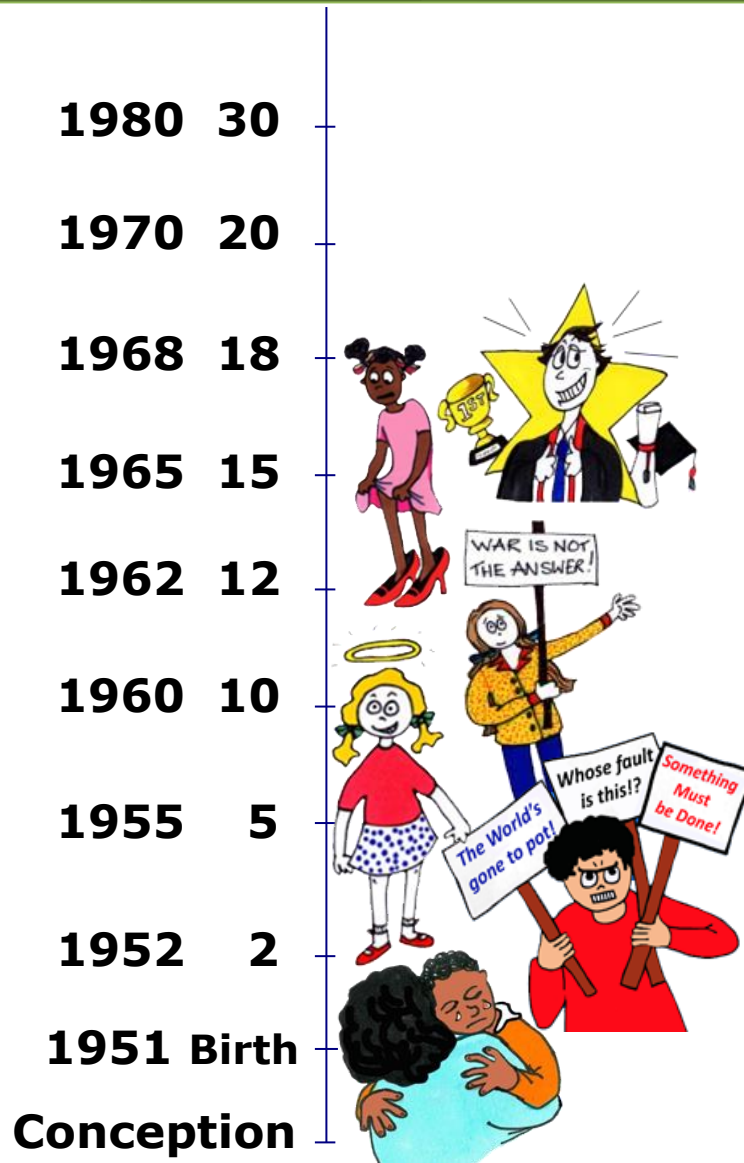


**Dissociative  
Identity Disorder**





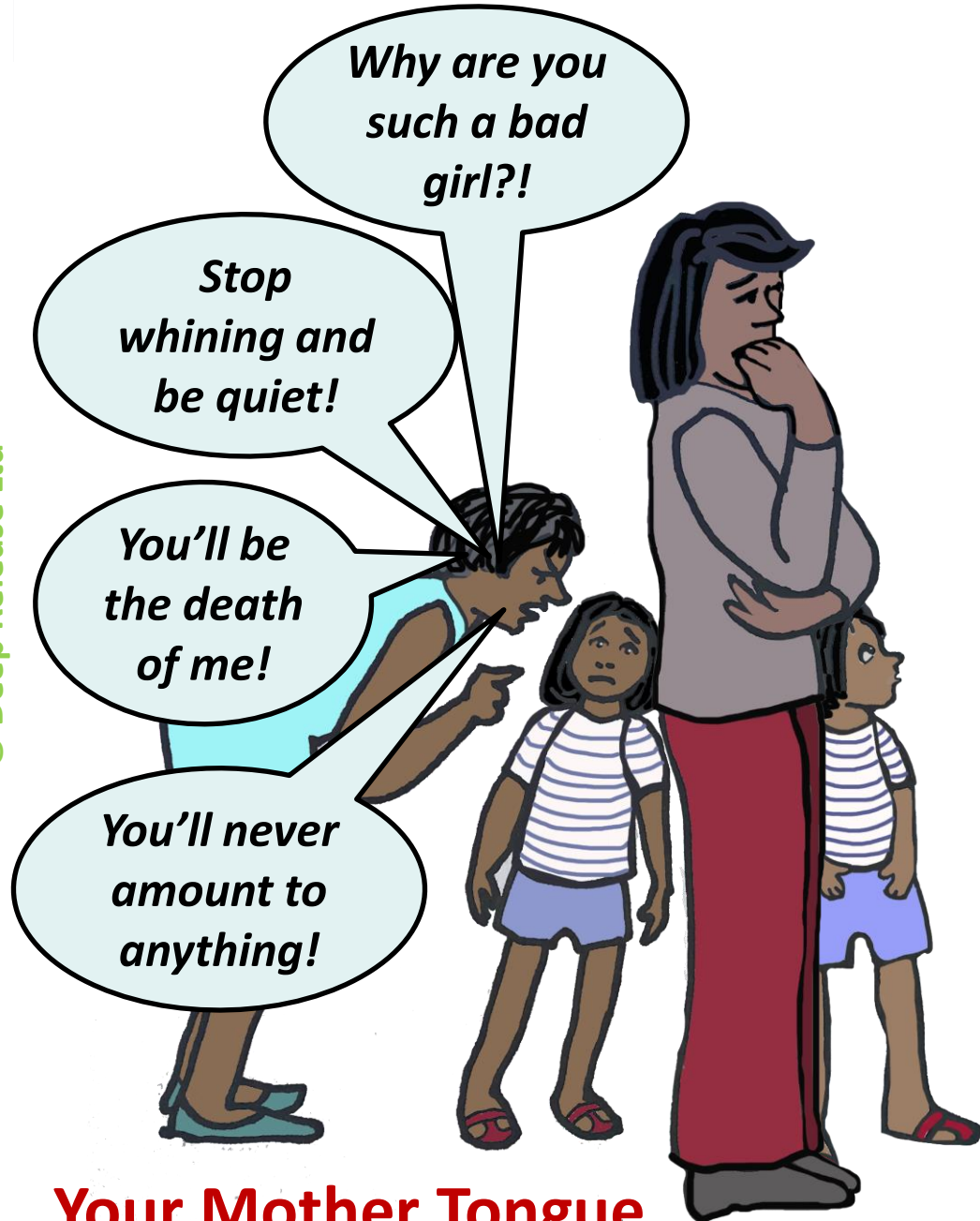
# RECOGNISING THE SCRIPTS



- *Take care of others (put yourself last)*
- *Be successful – (don't fail)*
- *Be a peacemaker (meddle)*
- *Be good (compliance)*
- *Don't make people angry (fear)*
- *Hugs are comforting (longing)*

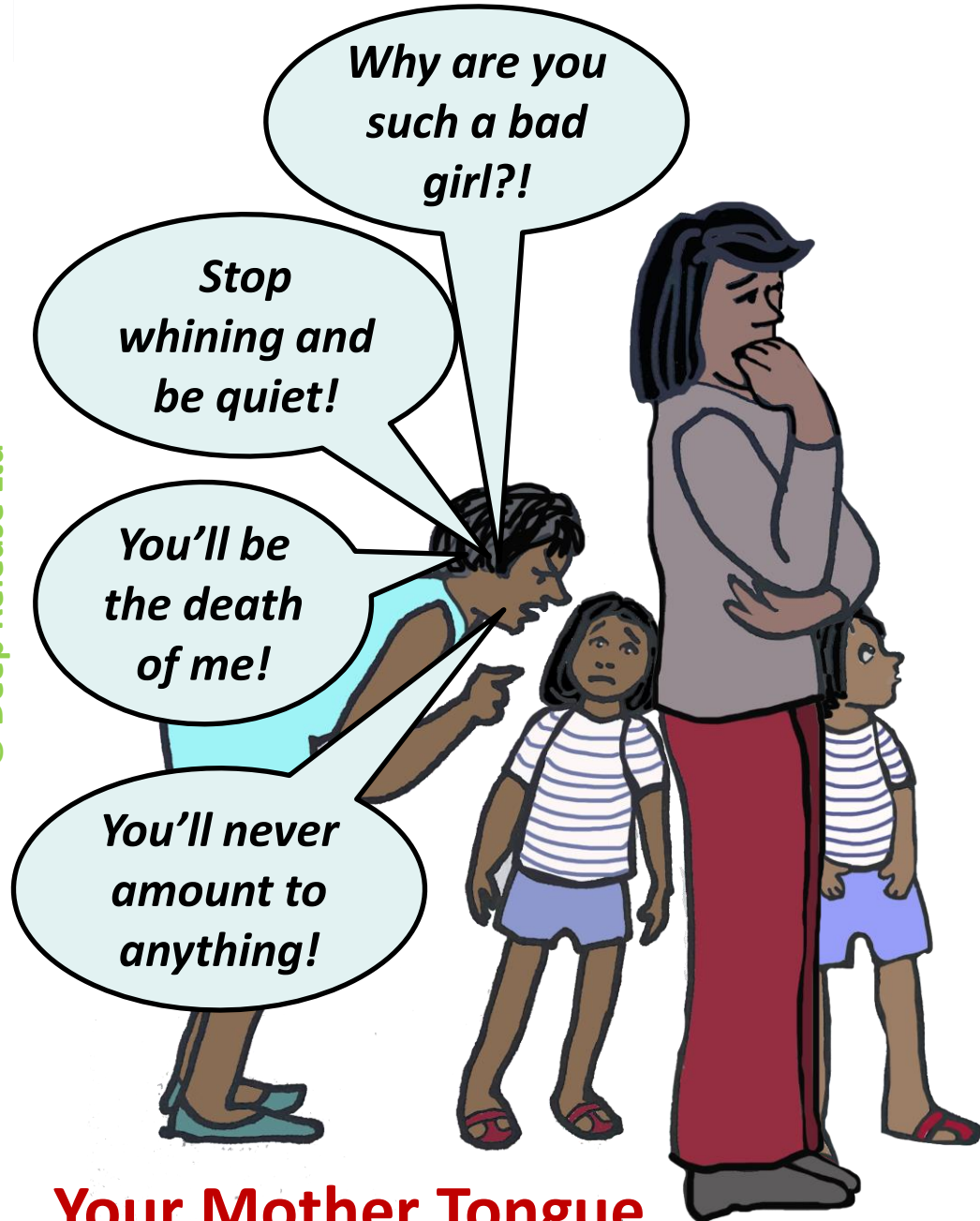
# WHAT PRESSES YOUR BUTTON?





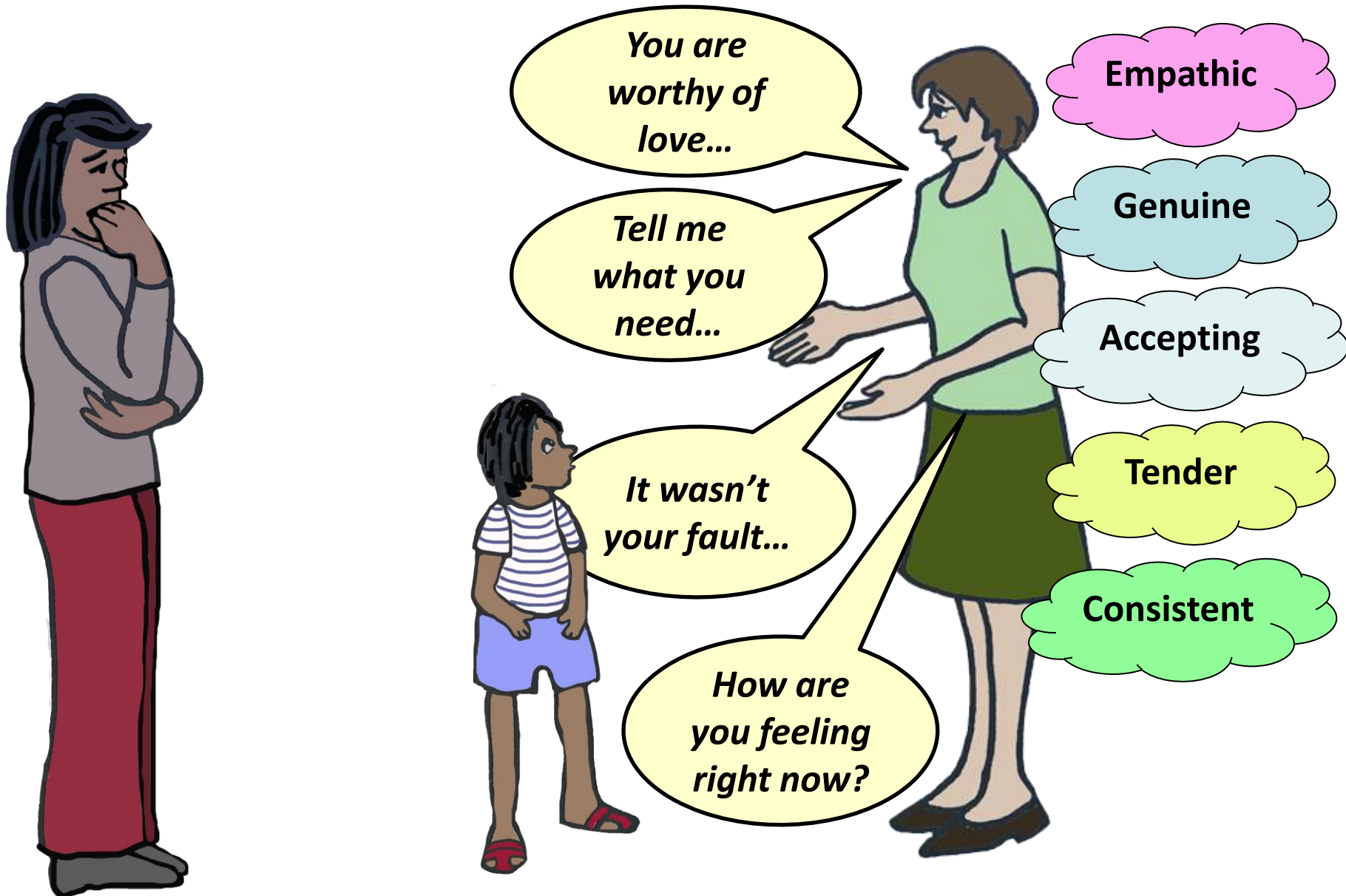
**Your Mother Tongue**





**Your Mother Tongue**

# RESTRUCTURING THE ATTACHMENT SYSTEM





# LEARNING TO LOVE YOURSELF



# RESTORING THE INNER CHILD

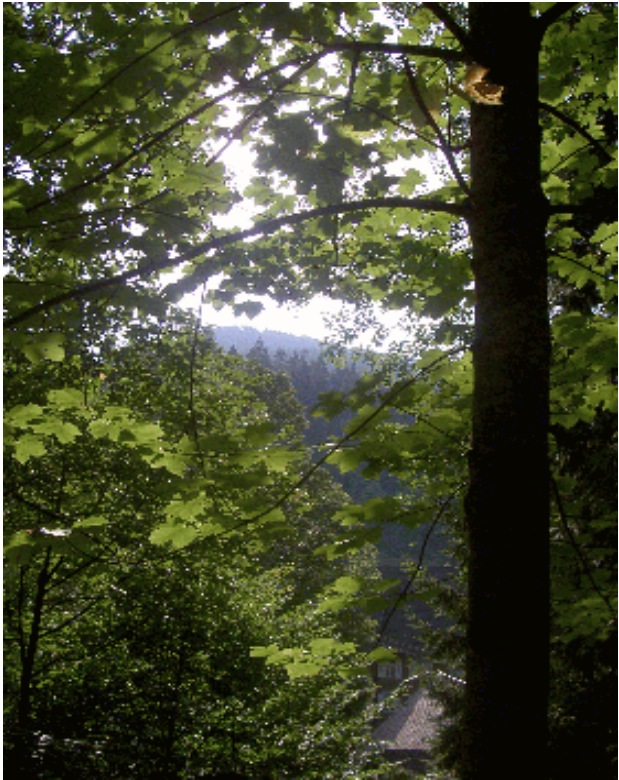
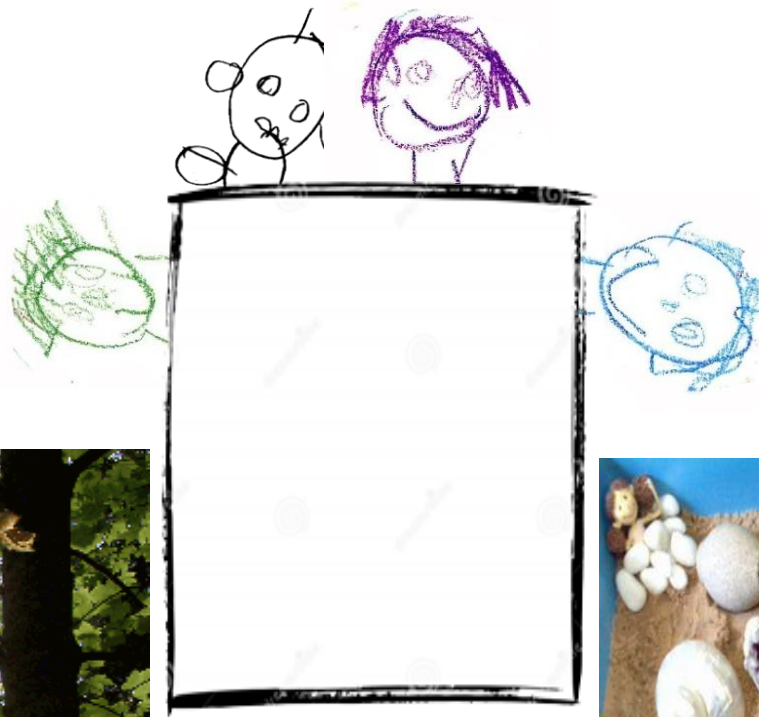
~~I feel bad  
because I am bad....~~



I feel bad  
because bad things  
happened to me...



# WHERE IS YOUR SAFE PLACE?







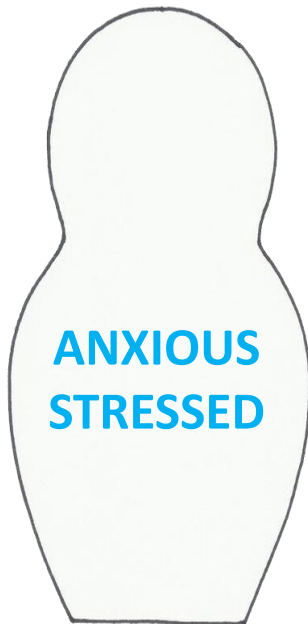
# NESTING DOLLS AND THE INNER CHILD



# NESTING DOLLS AND THE INNER CHILD



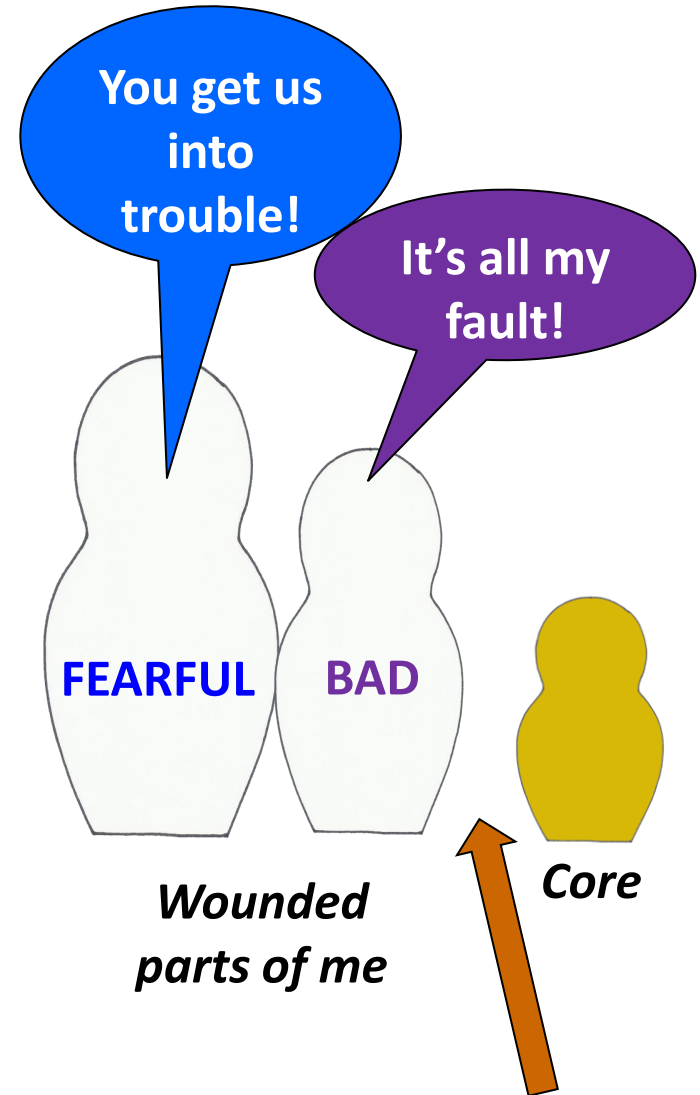
*How most  
people see me*



*How a few  
trusted  
people  
see me*



*How very  
few people  
see me*





# THE PROTECTOR CONTROLLER



Lucia Capacchione

Don't feel...  
Don't trust...  
Don't get close to people...  
Don't be vulnerable...  
Don't care...  
Work it out before you speak...



But this can also mean no  
**joy... close relationships... intimacy**  
**spontaneity... freedom... pleasure... lows/highs**

# TWO WORLDS

**NOT SAFE**

## CREATED WORLD SHOWN

I order and sustain it.  
I keep everything under  
control.  
This is my reality.  
This keeps everything safe.



**NOT SAFE**

THREAT!



THREAT!

## REAL WORLD HIDDEN

Too much pain  
Won't let it be true  
Source of all my problems



# CONNECTING WITH YOUR INNER CHILD



**What can I say to you?**

**What do you want to say to me?**

**What do you need from me?**

**How are we going to get along?**



# REDISCOVERING YOUR INNER CHILD

## Understanding our story... SELF-ACCEPTANCE



Owning how we  
really feel...  
our likes and  
dislikes

**AUTHENTICITY**

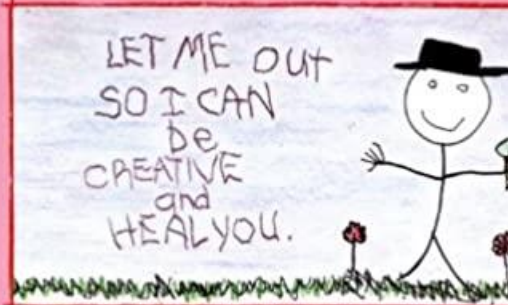
Finding a sense  
of belonging  
internally and  
externally:  
**INTEGRATION**

Coming home personally, relationally, spiritually  
**RECONNECTION**

"The best book I've read yet... how to talk to your Inner Child and find what it needs. Practical, helpful, and easy."  
—Melody Beattie, author of *Codependent No More*

# Recovery of Your Inner Child

The highly acclaimed method  
for liberating your inner self



**LUCIA CAPACCHIONE, PH.**  
author of *THE POWER OF YOUR OTHER HAND*

Introduction by Charles L. Whitfield, M.D., Ph.D. author of  
*Healing the Child Within* and *A Gift to Myself*

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# John Bradshaw

The International Bestselling Author

# Home Coming

*Reclaiming & championing  
your inner child*

'John Bradshaw's work did me immense  
good... I think he is a genius.'  
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Pauline Andrew