



BUILDING RESILIENCE

Loving Parent Skill Development

Setting and Maintaining Healthy Self-Care Boundaries

Worksheet

I can do this!!!

BOUNDARY NAME: END my relationship with my Critical Inner Voice (CIV)

This boundary is:

- ☐ **An internal boundary**
- ☐ An external boundary

This boundary involves:

- ☐ **A Person – Critical Inner Voice**
- ☐ A Place
- ☐ A Thing
 - ☐ Substance
 - ☐ Behavior
 - ☐ Thinking

Step #1: Why am I setting this boundary? What is the healthy rationale?

My CIV is an intrusive, boundaryless, shaming and blaming presence. At the moment, he has sovereignty and dominion over my and my Inner Kids. He relentlessly verbally attacks me and my Kids, which activates me and the Kids – often sending one of both of us into a traumatic reaction, followed by a shame and guilt cycle.

I've tried all kinds of responses...ignoring, thanking for sharing, giving to God and a few options. Unfortunately, those sometimes works and sometimes they don't. In all cases, HE KEEPS COMING BACK...!

His presence negatively impacts my recovery and healing – especially the pace of my parenting journey.



Step #2: Who is responsible for setting/maintaining this boundary?

ASOLUTELY me – the adult. My Kids are in no way involved.

Step #3: What is the boundary?

1. CIV no longer has direct access to my Inner Kids.
2. If he has a comment, he addresses ONLY me – again, no direct access to my Kids.
3. If CIV does make a comment, any comment, I'll ask "what evidence do you have to substantiate the comment".
4. If there is some, I will consider entertaining it.
5. If not, I'll tell CIV to "go fuck yourself"....!!!

Step #4: Setting the boundary.

I set these boundaries – spontaneously - in no uncertain terms at lunch in Palo Alto.

Step #5: What are the real consequences of ignoring, my NOT HONORING this boundary?

I and my Inner Kids will continue to be berated, shamed and blamed.

Step #6: Who is responsible for maintaining this boundary?

ASOLUTELY me – the adult. My Kids are in no way involved.

Step #7: What form might the urge to drop or ignore take?

As their parent, for whatever reason:

I forget I'm responsible

I neglect or ignore my Kids

I dissociate

I'm out-of-balance in any way:

Eating poorly

Poor sleep patterns

Just not taking care of myself – or – my Kids

Step #8: Enroll a "trusted support network" to support me, when needed, to honor this boundary?



My Higher Power
My sponsor

Step #9: What is my commitment to self-care if/when the urge arises to ignore?

Breathe
Reassure my Kids..."I got this, guys...!"
Remind myself of the commitment I've made and the boundaries that are set.

Step #10: What is my commitment to self-care if I ignore or this boundary collapses?

Forgive myself
Own the poor choice to my Kids..."I made a poor choice. I will do my best to keep you safe – no matter what happens."
If Kids were activated...PARENT THEM...!!! Use Call2Parent Parenting Protocol.

For me – the ADULT/Loving/Actual Parent, the following mantras will always work, for any reason and in any circumstance:

- "I love myself unconditionally...!"
- "I will never, ever abandon my kids...!"
- "I can take care of myself (and my kids) no matter what circumstance we are in...!"

May theses closing mantras serve you and your Inner Child(ren) to manifest great healing, thriving health and well-being.

Blessings!

Robert N