



C2P Parent2Thrive 2022 Fall Workshop Series

“Adult-Parent Parallel Worlds”

Homework Assignment

ATTENTION: PARENT2THRIVE YOUR FIRST C2P WORKSHOP...?

The homework assignments below assume knowledge of and (ideally) practical experience with the Call2Parent (C2P) Parenting Regime, which consists of these key practices: (1) Trauma Signature, (2) C2P ‘Classic’ and Lite’ Parenting Protocols, (3) Setting Internal Boundaries, and (4) the Safe Container. In the absence of this experience, these exercises may be quite challenging, which may not be helpful in your trauma-healing journey.

Here are recommended freely available workshops video links:

2020 Call2Parent Fall Workshop Series: Click [\[HERE\]](#)

- Session 1 – Call2Parent + Q&A Session
- Session 2 – Parent2Wholeness + Q&A Session
- Session 3 – Call2Intimacy + Q&A Session
- Global C2P: Becoming Your Own Loving Parent ACA Meetings. Click [\[HERE\]](#) and [\[HERE\]](#)

2021-22 Call2Parent MINI-Workshop Series:

- Session 1 – Critical Parent: Friend or Foe...? Click [\[HERE\]](#)
- Session 2 – Hello Trauma: I’m Glad You’re Here...! Click [\[HERE\]](#)
- Session 3 – Loving Parent: Tag, I’m It...! Click [\[HERE\]](#)
- Session 4 – (C2P) Parenting Regime Practicum Click [\[HERE\]](#)
- Global C2P: Building Adult-Parent Resilience Meeting. Click [\[HERE\]](#)

HOMEWORK ASSIGNMENT

For those who want to go deeper, below are homework assignments to provide further exploration and re-enforcement of the workshop content. These exercises are intended for your Adult-Parent...Kid(s) are not involved. If for whatever reason your Kid(s) keep surfacing during your work, I encourage you to use this as an opportunity to set the “Inner World”/“Outer World” boundary with them. These are Adult-Parent exercises.

1. Using Slides 22-24, what specific examples of unresolved “Little One(s)” dys-regulated thoughts, feelings, and body sensations “pass through” and manifest in your “Outer World” adult activities...? What unresolved “Teen” historical dys-regulated feelings, thoughts, and behaviors also “leak” into your “Outer World”...? Do you, as the Adult-Parent have feelings that this is still happening...? If so, be specific. Do you see, welcome, and embrace that dys-regulation “pass through” is a normal consequence of growing up in a household where parental co-regulation was not possible and your Parent may not have sufficient resilience to “intercept” “pass through”...?
2. The Adult-Parent is a collaborative and multi-World entity. Using Slides 46, 47, and 69 does this two-dimensional metaphor resonate with you...? Can you describe your experience with tangible evidence of your Parent/Inner World presence...? Can you



describe your Adult/Outer World presence...? Can you describe in what circumstances the Parent and Adult are separate and when they are working in collaboration...? Be specific.

3. Using Slides 33, 34, 67, how do your Kids respond to the notion that they do not LIVE in the Outer World...? What happens when you sit with them and unpack Outer World experiences that they react to...and you explain they were not involved...? Can you see that when you use "we" when referencing anything that is happening in Outer World...that may be confusing to them and perpetuate their mistaken belief that they DO LIVE in the Outer World...? Any success in NOT taking your Kids to work...?
4. Using Slides 49 and 50...
 - a. Can you provide some real, tangible examples of your parenting activities that you can see are you building resilience...?
 - b. Can you provide some real, tangible examples of specific childhood Trauma Signature feelings, thoughts, and/or body sensation you experience reduced dys-regulation intensity when this surface in your Safe Container and/or in "triggering events" during your day...? Do you consider this reduction as a process of resolution...?
 - c. As you, as Parent, continue to co-regulate your Kid's history...and intensity declines and resolution continues to transform – do you notice a shift in your relationship with your Kids...? Be specific.
 - d. Do you consider and experience the (Increase in Resilience, Decrease in Kids "Trigger" Intensity, Increase in Kid's Resolution)...as Integration...? Is so, explain. If not, explain. Be specific.
5. Using Slide 52...
 - a. Which of the sample Adult-Parent responsibilities resonate with you...? Which ones do not...? Can you describe what is "off about the ones that do not resonate...?
 - b. Is the Adult-Parent collaboration metaphor new to you...? What resonates, what doesn't...? Be specific.
6. Using Slide 60-70...
 - a. Do you struggle with a defiant and/or angry Teen...? How does that manifest in your Inner and Outer Worlds...?
 - b. Using Slide 69, are you willing to identify specific, unresolved, problematic Teen Trauma Signature history that persists – and engage with a "tough love", boundary setting dialogue...? Are you also willing to engage this dialogue daily until a shift happens...? REMEMBER: This takes Parent resilience, so you may not be ready...which is also normal. Cut yourself MAJOR SLACK...this is HARD WORK....!!!

It is my sincere wish that these exercises inspire deep and lasting healing and transformation – on your path to Thriving Adulthood....!!!

Peace and Blessings...!

Robert N 🙏