



2025 Call2Parent MINI-Workshop

THE INSIGNIFICANCE OF SIGNIFICANCE

Unresolved Inner World Non-Reality Misinterpreting Present Moment, 'Outer World' Reality

Homework Assignment

ATTENTION: IS THIS YOUR FIRST Call2Parent WORKSHOP...?

The homework assignments below assume reasonable 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, (4) the Safe Container and (5) C2P Master Practice and Boundary. In the absence of this experience, these exercises may be quite challenging.

If you are new to C2P, here are recommended freely available workshops video links and weekly C2P meetings:

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. These are "Level 1" meetings - the script and weekly readings are sourced in the content of this workshop series...and are intended for traumatized, wounded Kids and nascent Parents. Click [\[HERE\]](#) for Tuesday and [\[HERE\]](#) for Thursday.

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. This a "Level 2" meeting - the script and weekly readings are sourced in the content of this workshop series...and is intended for evolving Parents and emergent Adults (all are welcome). Click [\[HERE\]](#) for Saturday.

2022 Call2Parent: Parent2Thrive Workshop Series:

- Session 1 – Trauma: Neurobiology and Resilience. Click [\[HERE\]](#)
- Session 2 – Adult-Parent: Parallel Worlds. Click [\[HERE\]](#)
- Session 3 – Thriving Adulthood. Click [\[HERE\]](#)
- Global C2P: Adults Only Meeting. This a "Level 3" meeting - the script and weekly readings are sourced in the content of this workshop series...and is intended for Adults only (all are welcome). Click [\[HERE\]](#) for Sunday.

2023 Call2Parent MINI-Workshop:

- Session – Untethering Childhood Trauma. Click [\[HERE\]](#)

2024 Call2Parent MINI-Workshop:

- Session – The Sovereign Voice 1. Click [\[HERE\]](#)
- Session – The Sovereign Voice 2. Click [\[HERE\]](#)
- Session – The Sovereign Voice 3. Click [\[HERE\]](#)



THE INSIGNIFICANCE OF SIGNIFICANCE MINI-WORKSHOP

Unresolved Inner World Non-Reality Misinterpreting Present Moment, 'Outer World' Reality

INTRODUCTION:

This assignment is designed to enable committed Call2Parent travelers to assess their healing progress on "getting home" journey. It is a call to stop and objectively assess progress – for travelers who may be experiencing any level of frustration, feeling stuck their progress...or those who are simply curious if there a deeper level of work and healing are possible. Even travelers who are new, having just discovered Call2Parent attending the MINI-workshop, may benefit from engaging this assignment.

"GETTING HOME" – THE JOURNEY...

"Getting home", the "final destination" of the C2P practice is manifesting an imperfect self-regulating Adult in the "outer world" with a sustained sovereign Voice...!!! As you well know, the journey is arduous and difficult. We walk this path intentionally using Call2Parent Parenting Regime protocols enabling the Parent to uncover, discover, and transform "inner world" dysregulation into harmony and congruence with the "outer" and "spiritual worlds". We witness and enjoy the evolution of our Parent from Loving, to Tough-Loving, into Guardian.

Each of us travels the path through these relative segments of phases of measurable healing...at unique pace, velocity and distance.

SUFFERING ————— HOME WHOLENESS

BEGINNING MIDDLE END

For frustrated travelers, it is helpful to identify possible signs and symptoms of the perception (real or not) of being "stuck". As outlined in the workshop, there can be numerous signs, however, the predominant symptoms to emphasize are: (1) despite ongoing, consistent "C2P regime" practice – the level intensity of "inner world" activation/dysregulation – continues, leveling out, not decreasing, even the occasional spike, and/or (2) the Teen and/or Critic still ignore Parent's porous boundaries in attempts to resolve Teen anger/defiance and/or humble the Critic. Considering these two "recovery states of Being" as bottom-line conditions to track progress maybe quite helpful to adopt...!!!

Also as outlined in the workshop, we will focus on the two layers of childhood trauma imprinting: (1) imprinted toxic feeling thoughts, and body sensations and (2) deep-seated, lingering, and hidden attachments to ideas, beliefs, notions, concepts, "worldview", magical/wishful thinking, fantasy, agreement, and decisions that remain hidden from the Parent.

BEFORE WE BEGIN

As this assignment will forth deep and mindful introspection, if you have a trusted witness" (not just a program buddy), it would be quite helpful and smart to enroll one to support you working through this assignment. If you are not currently working with a "trusted witness", here is the link for the current list: <http://tiny.cc/TrustedWitnessList>. Having a trusting, witnessing relationship with someone who can provide – with your permission – honest and objective feedback, can increase the depth and pace of your healing working this assignment.



KIDS AND CRITIC

Be aware of possible activation of Kids or intrusion by the Critic as you do these exercises.

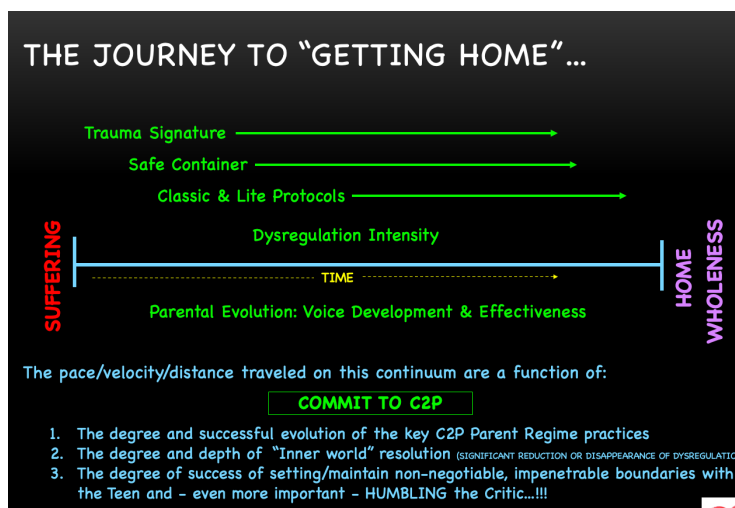


Kids will undoubtedly get dysregulated while working this assignment. It may be quite helpful, Parent, to let them know of this work and that, of course, you'll take great care of them during the process. This assignment will shine a light into their imprinting with to identify known and yet unknown fears and beliefs that have attached to their most deep-seated fears. So, for sure, they'll be involved. Parent, let them know you'll be right there with them all the way, please...!

The Critic is another animal altogether. He/she may show up either as an intrusive/abusive or seductive (posing as being helpful) – completely unsolicited – voice either spewing shame/blame or asking questions, commenting on/about everything you're considering while completely the assignment. To meet this intrusion, consider the following statement directly to the Critic: "I have important work I'm doing here that does not involve you...!!!". Feel free to be more graphic in your response. For sure, it's OK to have authoritative firmness, you're allowed to do that you know...! Keep in mind, however, the idea isn't to angrily push the Critic around, yet the appearance of this unhelpful voice does, in fact, interfere with his important work – so, respond accordingly. By the way, another MINI-workshop on humbling the Critic into irrelevance and insignificance is under a drawing board for later delivery this year.



LAYER 1 : C2P PARENTING REGIME ASSESSMENT



As introduced in the workshop, there are phases of the journey as characterized by the "Beginning", "Middle", and "End". These demarcations provide useful tracking markers enabling travelers to establish an objective, yet tangible, appraisal of their current position or status of progress with respect to each and every practice. Such an assessment can be quite helpful in a sincere determination of healing progress – or lack thereof.

As you embark on this analysis, it is important to understand the purpose here is to get a detached and objective reading of where you are and, given that data, what areas of focus and actions may undertake to get you moving... all in the name of "building additional Parental resilience" ...!

YOU CAN DO THIS...!!!!



EXERCISE 1: PARENTING REGIME PROGRESS ASSESSMENT

1. LEVEL 1 PRACTICES – ASSESS PARENT RESILIENCE

Trauma Signature

Beginning:	Middle	End
<ul style="list-style-type: none"> Study details for understanding Educate Kids on purpose & their part Get a notebook to record Identify where in body where Kid activation intensity occurs Begin creating list of feelings, thoughts, and body sensations (F/T/B) Experiment using in Safe Container 	<ul style="list-style-type: none"> Successfully prune away the source Over time, condense list to core F/T/BS Sole focus on core, retire the notebook Use consistently in Safe Container Consistent reduction in latency to co-regulate each/every F/T/BS in Safe Container & during the day Notice tangible decreases in activation intensity., ideally Kids confirm as well. 	<ul style="list-style-type: none"> Kids embrace trauma, not their fault... Kid trust & attunement present Co-regulation rarely required or missed Intensity approaches ZERO intensity or is insignificant to "inner world" harmony Trauma Signature is officially retired 🌟

Safe Container

Beginning:	Middle	End
<ul style="list-style-type: none"> Study details for understanding Educate Kids on purpose & their part Experiment with consistent frequency Notice how you feel afterward Consider carving out same time each Container 	<ul style="list-style-type: none"> Make it your own – practices resonate in body Create a repeated ritual practice (time of day, candle, length, etc...) - and honor Remember, the Adult plays a role in frequency and consistency. Watch for and log (to deal with offline) hedging in frequency...log the fears (Kid's) or excuses (Critic) that show up. 	<ul style="list-style-type: none"> Practice becomes daily as tangible reduction of activation intensity dwindles Tone & content – consistent and heartfelt "inner world" harmony Safe Container shifts from intentional co-regulation to a calm and thoughtful mediation practice 🌟

Classic/Lite Protocols

Beginning:	Middle	End
<ul style="list-style-type: none"> Study details for understanding Educate Kids on purpose & their part Introduce and experiment with Classic into Safe Container Out & about, experiment w/Lite Educate Kids on Lite, followed with a promise spend time, track promises kept, and promises missed 	<ul style="list-style-type: none"> Classic, integral to Safe Container, when it happens Classic becomes measurably effective in working with dysregulation intensity level Lite breakthrough – you notice when Lite is invoked, your Adult stays present in the "outer world" ...dual, parallel experiences Lite, you reliably keep promises and attend to the Kids when you are free 	<ul style="list-style-type: none"> Classic has created consistent and measurable trust, safety, and attunement with the Kids – eventually, classic is no longer needed 🌟 Lite – you intuitively and instinctually invoke in any moment under any circumstance – also, eventually not needed

"Pass Through"

Beginning:	Middle	End
<ul style="list-style-type: none"> At the outset, "pass through" is virtually 100%, Parent resilience to intercept nonexistent Study details for understanding Educate the Kids on purpose & their part Introduce Kids to "are not involved", "not their fault" etc. Introduce Kids to not living in the "outer world"...remind continuously – use practical examples of proof 	<ul style="list-style-type: none"> Parent presence and resilience growing Activation continues, yet begins stays in the "inner world" – halfway done Parent learns, embodies truth – when "passed through" occurs, it only deepens existing toxic neuropathways – thus intervening and intercepting is a top priority Via loving Voice, Little Ones fear/shame dwindles into resolution, yet not without consistent reminders Via loving Voice, Teen anger/defiance tends to hang around Parent is maybe struggling with developing a tough-loving Voice 	<ul style="list-style-type: none"> Parent achieves resilient development of the tough loving Voice Little Ones fear/shame dwindles into imperfect resolution, they're integrated & bonded with Parent Teen anger/defiance dwindles into imperfect resolution, they're integrated & bonded with Parent Kids' 'broken hearts' are completely revealed to Parent...deep grief work commences "Pass Through" imperfectly ends 🌟



	<ul style="list-style-type: none"> • "Pass through" frequency does decline, especially with the Little Ones...yet Teen may be more difficult to intercept 	
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Critic Presence

Beginning:	Middle	End
<ul style="list-style-type: none"> • Omnipresent: Relentless, intrusive, and abusive – "owns" the Parent • Boundaryless and intrusive • Comes and goes as he/she pleases • May push back hard when addressed regarding unhelpfulness 	<ul style="list-style-type: none"> • Challenges or ignores Parent boundaries – headway is made • Still keeps coming back • Unfortunately, Parent may have bought into and attached to one/more of the Critic benefits or intentions (often in the literature) and continue to hold back energy (including anger out of sheer frustration) when delivering authoritative boundaries – they remain porous • Parent may even settle in and just "give up" – rationalizing the decision 	<ul style="list-style-type: none"> • Nonnegotiable, impenetrable boundary set...! 🦋 • Critic is imperfectly HUMBLed...his/her voice virtually silent – and their presence has ZERO or insufficient impact on the harmony of the "inner world" 🦋

Consistent Co-Regulation Latency – The time Parent *offers* co-regulation when dysregulating vent occurs

Beginning:	Middle	End
<ul style="list-style-type: none"> • Study practice details for understanding • Inconsistent: Hours, Days, Months 	<ul style="list-style-type: none"> • Sporadic Inconsistency: Hours, minutes 	<ul style="list-style-type: none"> • Consistent: Real-time or near real-time 🦋

The rubber meets the road...!!! Based on the objective 'phase descriptions' of the above practices and noteworthy states, mark your current position on each "regime" practice. This is private information; complete honesty will only serve you...hedging will not...!

SCORECARD

Metric	Beginning	Middle	End	Expected or Unexpected...?
Trauma Signature				
Safe Container				
Classic/Lite Protocols				
Kid "Pass Through"				
Critic Presence				
Co-Regulation Latency				

OVERALL ASSESSMENT SCORE

Beginning	Middle	End

Questions to consider:

- Were you surprised at your 'overall assessment score' of your progress...? What surprised you most...? What didn't surprise you...you expected and knew...? Please be specific.
- If practices are out of synch with others – lagging or even discontinued – what impact if any, might this be having on your progress...? Is this lagging practices the possible source of slowed, skewed, even stalled in the resolution of Kids imprinting...? Please be specific.
- What specific Parent actions are appropriate that you will commit to focus on re-engaging or improving on...? Do you need support...? Are you willing to get



support...? Are you willing to accountable – maybe even attend the Saturday C2P “Building Parent Resilience” meeting to share progress and consider being accountable to the group...?

- Is there support you'd like from the Call2Parent team...? If so, what specific help would you like...?
- Regarding the Critic, do you consider one or more of the following are true...? (1) He/she is just trying to protect me; (2) He/she has only good intentions; (3) She/he is just trying to help; and (4) She/he is part of me, and therefore I must love...? If, one or more you considered to be true, what tangible evidence do you have to support this belief...? Be very specific. If no realistic, tangible evidence can be found, are you willing to literally abandon, discard, and try something new...? (This is a transition topic to set the stage for the upcoming mini on humbling the critic)

2. LEVEL 2 PRACTICES – ASSESSING YOUR PARENT'S MASTER PRACTICES

These two, key “master” practices ultimately, organically, and intuitively manifest as the imperfect mastery of and resolution from the above “regime” practices. At this stage, the Parent-Child co-regulation process is quite simple and is invoked intuitively by the Parent in real-time – tangible evidence of the high level of parent resilience that has been built...!

Master Practice (Typically Encountered in the “Middle”)

Beginning:	Middle	End
<ul style="list-style-type: none">• Focus on and gaining experience with the above practices• Initial layer resilience building	<ul style="list-style-type: none">• Sufficient measurable resilience to initiate• Study practice details• Embrace the truth – co-regulation is sole response• Embrace the truth – your love and attention are the only path to resolving Kids imprinting.• Embrace the truth – co-regulation is sole response for any activation...irrespective of which Kid and whatever they are feeling, thinking, or body sensing. Educate, remind, and truth have now landed and embodied by the Kids.	<ul style="list-style-type: none">• Practice response is now immediate, without thought, instinctive, intuitive, effortless and effective.• The frequency of the need for this practice diminishes, and then imperfectly and rarely manifests.• Kids are safe, happy, and content

Master Boundary

Beginning:	Middle	End
<ul style="list-style-type: none">• Focus on above practices• Initial layer resilience building	<ul style="list-style-type: none">• Sufficient measurable resilience to initiate• Study practice details• Embrace the truth – co-regulation is sole response• Kids begin to believe and accept, then embody – they live only in the “inner world” and their gaze is on you.	<ul style="list-style-type: none">• Kids are integrated and bonded, which means...their unresolved history is imperfectly transformed and resolved.• Their gaze is on you.• Kids lose interest in the “outer world”• Kids are safe, happy, and content

SCORECARD

Metric	Middle	End	Expected or Unexpected...?
Master Practice			
Master Boundary			

Questions to consider:

- What have you learned from this exercise...? Be specific...



- Where, looking objectively, are you in invoking your Master Practice and boundary...? Be specific...
- Are you still diving deep into Kid's deregulatory events – which Kid(s) are activated, what are his/her/their feelings, thoughts, and/or body sensations...? If so, consider that inadvertently blocking your progress...? What action plan might you invoke to remedy this obstacle...? Be specific...
- Are either or both of these practices actually falling short of where you 'thought' you were...? To what do you discern accounts for this...? Which, or both, of these practices are lagging or underdeveloped...? What specific actions will you commit to evolve these...? Are you willing to get support...? What specific form will that take...?

3. THE EVOLUTION OF YOUR PARENT

Parent "Inner World" Voice

Beginning/Loving:	Middle/Tough-Loving:	End/Guardian:
<ul style="list-style-type: none"> • Initial discovery of Kids and Critic • Experiment identifying Kid's and Critic's presence in your body • Nascent Parental resilience • Experiment with "loving voice: intentionally kind, gentle, thoughtful compassionate, supportive understanding – whether addressing Kids and Critic • Challenge with consistency in awareness and response 	<ul style="list-style-type: none"> • Developing Parental resilience • Developing discernment of and separation of Kids dysregulation versus Critic's intrusive presence • Tangible success with co-regulating Kids, decreasing intensity level – esp with Little One(s)...Teen anger/defiance may linger • Experiment with various boundary-setting scenarios with the Teena & Critic he/she /they keep coming back. • Possible rationalization, without evidence, the value of the Critic • Expressing swallowed childhood anger with Teen and Critic challenging, requires Parent discernment that tough-LOVE is love – struggle to detach from this belief 	<ul style="list-style-type: none"> • Tough-Loving Voice has effectively, yet imperfectly set non-negotiable, impenetrable boundaries with Teen and Critic • Parent-Child co-regulation, via Master practice and Boundary, has imperfectly transformed and resolved "inner world" dysregulation and disharmony • Parent embodies the role of sole responsibility of "guardian" of the "inner world" – safety, connection/bonding with Kids and (loving, but) humbling the Critic.

Evolution

Beginning/Loving:	Middle/Tough-Loving:	End/Guardian:
<ul style="list-style-type: none"> • Total embracing of the "Loving" dimension 	<ul style="list-style-type: none"> • Total embracing of the "Tough-Loving" dimension, along with "Loving" dimension 	<ul style="list-style-type: none"> • Total embracing of the "Guardianship" dimension, along with "Loving" and "Tough-Loving" dimensions

SCORECARD

Evolution of the Parent

Metric	Loving	Tough-Loving	Guardian	Expected or Unexpected...?
Parent Voice				
Parent Evolution				

Questions to consider:

- What have you learned from this overall exercise...? Be specific...
- Have you successfully evolved your "loving" to "tough-loving" voice...? If so, can you describe the process, including what evidence that your "tough-loving" voice has manifested...? Can you also see that voice evolution is cumulative...? Be specific...
- If you are still struggling through the transition into the "tough-loving" voice, is swallowed, historical anger the possible issue contributing to this challenge...? Is it



difficult to openly express anger, even if it's respectful and not abusive...? Be specific... If so, consider reviewing the Sovereign Voice 3 MINI.

4. THE EVOLUTION OF YOUR ADULT SOVEREIGN VOICE

Adult "Outer World" Voice

Beginning:	Middle:	End:
<ul style="list-style-type: none">VOICE #3 MINI: Attended, View VideoComplete homework assignmentUnderstand evidence of the VoiceMaybe start chasing or 'acting as if'	<ul style="list-style-type: none">VOICE #2 MINI: Attended, View VideoComplete homework assignmentRealize that chasing prolongs manifestation	<ul style="list-style-type: none">VOICE #1 MINI: Attended, View VideoComplete Homework assignmentVoice organically, imperfectly, and sustainably manifests

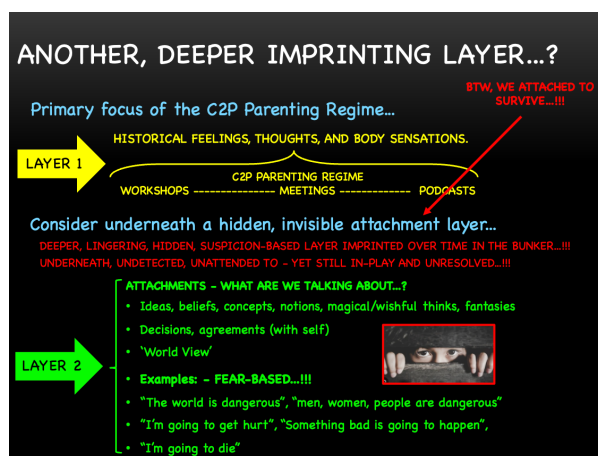
SCORECARD

Metric	Beginning:	Middle	End	Expected or Unexpected...?
Sovereign Voice				

Questions to consider:

- What did you learn from this exercise...? Be specific...
- Do you see that chasing this voice (hey, I spoke with a sovereign voice yesterday...then it was gone) may, in fact, an obstacle to this voice organically manifesting as a natural consequence of doing this work...? Be specific...
- If your sovereign voice has appeared, how has your Adult speech changed...? What impact has this had on your relationships...? Be specific...
- How has your ability and consistency in setting and maintaining non-negotiable, impenetrable boundaries...? Be specific...

LAYER 2 : DISCOVER, ATTEND TO HIDDEN FEAR-BASED, "INNER WORLD" ATTACHMENTS



Do not forget or underestimate that if your Ving Regime practices are on pause, partially complete, and/or out of balance – this may be a contributing, maybe primary, factor at play causing Layer 2 of potentially hidden attachments – completely out of the Parent awareness. In fact, any lingering, "inner world" disharmony (typically involving continuing anger/defiance of the Teen and intrusive presence of the Critic) continues to distracts/divert the Parent's attention away from this hidden layer – creating a possible confounding – double bind – dynamic...! unpacking and unraveling one or both layers

maybe the remaining challenge of "getting home"...the whole point of the Call2Parent body of healing work...!!!

Any hidden, fear-based, unresolved "inner world" attachments are SIGNIFICANT in and only in the "inner world" and INSIGNIFICANT in the "outer world"...! As mentioned in the workshop, it is not assumed that every traveler has this hidden, underlying, lingering layer of



attachments. This information is offered to those who do have it – yet may be completely unaware – or those who are just curious about the possibility and are willing to check it out.

Now that you've completed an objective assessment of "regime" practices in the above exercises, let's now explore a possible hidden realm of attachments to ideas, beliefs, notions, concepts, "world view", magical/wishful thinking, fantasy, decisions, and agreements imprinted long ago under duress and in a dysregulated household...that left undiscovered and unattended to can slow, skew, and even stall the resolution of the deepest layer, final phase of "inner world" dysregulation and disharmony.

This fear-based, 'belief-system' lands out of the Kid's sheer need to survive the chronic abandonment of a dysregulated household. Since there is no healthy parental attachment available, attaching to this 'non-real belief system' is the only tragic option. Over time, this "world view" calcifies and can live outside the Parent's awareness. Decisions about "how the world works" reflect the desperate attempt to create the illusion of safety and make sense of the crazy-making, nonsensical family system and dynamics...!

Consider it's like living a childhood in a war zone bunker with live rounds flying overhead, trembling and crouching down to avoid being further wounded, even killed – a profoundly desperate attempt just to survive another day...! Hunkered down in the bunker, decisions and conclusions are made about "how the world works". For example, it's obvious that conclusions, such as "the world is dangerous", "people (parents) are dangerous", "no one can be trusted", etc...! In the child's consciousness, these decisions desperately real when imprinted, the neuropathways cut deeply... It's no wonder that these concepts are alive and well in adulthood...!

If present, this layer wraps around and hides under the toxic feelings, thoughts, and body sensations addressed with the Parenting Regime. Keep in mind, however, that some of these attachments can be identified and resolved in a Safe Container using the "regime" practices. For example, it is quite possible the lingering fear of abandonment can be resolved through active, conscious, and purposeful parenting. However, if you've been at this for a while, and the fear of abandonment lingers, this may well be evidence of the presence of hidden "belief" connected to an unresolved FEAR.

DICHOTOMY OF "WORLD" REALITIES

To set the stage for this exercise, let's explore the possible discrepancy (if not outright contradiction) between "inner world" Kid non-reality – often expressed in terms of "feelings" versus Adult "outer world" reality and truth.

A critical and important reminder: this unresolved Inner Kid non-reality is real and true to the Kids when it is imprinted in a dysregulated household...!!! Remember - this non-reality is SIGNIFICANT – in and only in the "inner world" – the realm of the Kids and Parent...yet completely INSIGNIFICANT in the Adult "outer world"...! When these fear-based attachments are discovered by the Parent, it is her/his responsibility to engage precise Parent-Child co-regulation accordingly. Any cross world "reality" discrepancies are identified intuitively/collaboratively between the Parent and the Adult followed by proper assignment of appropriate SIGNIFICANCE in each respective "world".



An Example. Kids can dysregulate in any situation – say “feeling” unsafe in an ACA meeting. Yet if an ‘in the moment’, Adult “outer world” assessment is made – there is no evidence that personal safety exists at any level of risk, threat, or danger. This dichotomy of contrary realities of “worlds” is an important dynamic worth exploring further. Again, this assessment is an intuitive collaboration between the Parent and the Adult. The Adult takes a reality check, that information is intuitively passed to the Parent, who uses that information in the possible discovery and resolution of classic dysregulation – or as we explore here –hidden attachments that still vibrate in the Kids.

Another Example. I'll exaggerate for effect. Someone walks up and hands you \$1,000,000....!!! Depending on the degree of or lack thereof of the relative harmony between the “inner” and “outer worlds”, here are a couple scenarios that could happen. (1) The Adult is surprised and excited, then accepts the money, profusely thanks the person, leaves, deposits in in the bank, and finally celebrates, off to buy a new car. Let's call that the high ground. (2) In contrast, in the moment, the Kids are startled, immediately activate, get scared, and jester with their hands to not take the money. Of course, this could also happen just with spiking activation in the “inner world”, which sets up... (3) A slight variant, the Kids dissociate, yet the Adult takes the money somewhat, maybe visibility confused, which is a “pas through”. Maybe unconsciously, this confusion may be caused by the dichotomy of the realities of the “inner” and “outer world”....! Wait there's more....) Afterward...the Kids/Critic spend the next couple of hours, maybe even day(s), running down the long (“why this is bad” or “we don't deserve”) list – trying to make sense of what happened. Possible, sample “inner world” suspicion-based, fear-based Kid and Critic chatter might go something like this:

Kids: “I don't deserve this...! I'm not worthy of getting this money...!!! If this person knew what a loser I am, they wouldn't have given this to me...! We better give this back before something bad happens...! I'm going to be in BIG trouble...! I'm scared; what does this person really want from me...? I'm pretty sure somethings bad is going to happen...!!!”

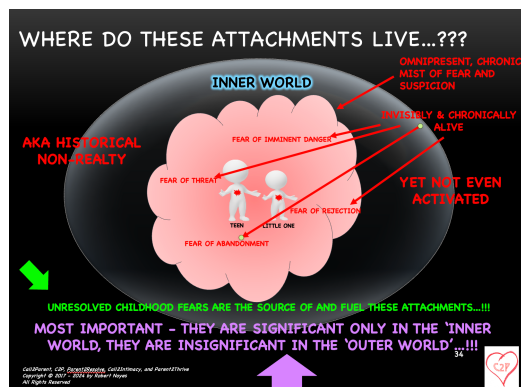
Critic: “For sure, you don't deserve this, we need to give this back...!” (3) Kid: “I'm scared, what does this person really want from me...? “It's your fault they gave this to us...! Taking this money was not a good idea. This person has no idea you're such a loser, cause if they did, they would have given the money to someone else who is not such a loser)...!!!”

Questions to consider:

- Do you recognize such Kid/Critic dynamics...?
- Do you see and understand that this information is intended only for your Parent to be better equipped to seek out and identify hidden attachments to unresolved childhood-imprinted ideas, notions, “world view”, etc...?



EXERCISE 2: MINDFUL PARENT INTROSPECTION & ACTION



As discussed in the workshop, the hidden, “inner world” belief system is rooted in and fueled by unresolved childhood fears. A few classics: fear of abandonment, fear of rejection, fear of imminent danger, and fear of threat. These fears – and numerous others that can be real for each of our Kids, are deeply hidden and we go about our Adult life without regard for or awareness of. Yet, if they do exist, they're at play...and can, through the misinterpretation of “outer world” reality, can limit the quality of our Adult life and, ultimately eventual emergence of our imperfectly self-regulating Adult

in the “outer world” with a sovereign Voice...not to mention the genuine possibility of manifesting our life purpose...!!!

This exercise will intentionally call your Parent to look inward, explore, identify – become conscious – of unresolved, childhood fears. Then observing and assessing how unresolved fears and associated beliefs can spark misinterpretation of “outer world” reality. Then of course, the Parent engages to not only short-circuit the interpretation – but also, to co-regulate into resolution.

ASSESS FEARS AND BELIEFS

A good place to start might be breakout your Trauma Signature notebook or notes to see if any fears and associated beliefs are documented there. If in fact, you find some, have these been resolved in your parenting regime co-regulation practice up until now...?

The idea here is to take a look and examine key areas of daily life. For example, fruitful areas to explore are money/finances, food/consumption, work, recovery, therapy, relationships (acquaintances, friendships – casual, intimate – and romantic), spiritual development, etc. The idea is to begin mindfully monitoring life situations where you notice activation of fears – and also notice if/how such fears misinterpret “outer world” reality and if the Adult's competence and sovereignty are compromised.

IS IT TRUE...?

Once you have identified one or more persistent fears that seem to manifest when a decision (major or minor) or change (huge or small) is needed, the process of establishing present moment, “outer world” reality is quite simple from there.

An example. I just inherited a modest amount of money. The question of decision the adult is pondering, is whether to just hold onto the money, put it in the bank, or consider investing. Growing up, my father's business partner embezzled him, and that event was very visible to family members (he was quite upset and ended up dissolving the business) – money became tight, my parents argued about it and money often in front of us kids, almost nightly at the dinner table.



I begin to explore hiring a financial person to invest this money. After interviewing, several people, I narrowed it down to one professional. During our conversations about doing business, I noticed there was something about her that my Kids didn't trust, they were suspicious of every move and were convinced that if we gave her the money, we'd lose it all. Instead of what could've been a simple hire turned into a prolonged period of exaggerate "inner world" suspicion, angst and upset.

Time to step back and do a simple assessment of the "inner" and "outer world" reality litmus test.

Inner Kids: "I'm afraid of losing all our money, going broke. The way this lady acts, I think she's up to something, I don't trust her or anybody else with our money...!!!"

Outer Adult: This is the simple, 'secret sauce' of this process. There is only one, simple question to ask. "In this moment, is there any evidence that she is untrustworthy and if we hire her that we will go broke...? Well, of course not – these fears are unfounded (yet real nonetheless...!) As in this example, if the question that the answer is "no"...then a couple of mindful and thoughtful action take place:

1. Parent invokes precise Parent-Child co-regulating the specific fears and beliefs.
2. Adult proceeds hire her.

As you become familiar with, experiment with, and find success with this "reality litmus test", not only do you accelerate your journey to "getting home" – more importantly – life is much simpler...Adult decisions and changes are no longer fraught with anxiety, angst, and general disharmony...! As "inner world" unresolved, fears and beliefs, are resolved this practice becomes intuitive and effortless.

A challenging nuance to this practice is when there are patterns of repeated, recent history behavior that further influences the Kid's case. Let's say I have a challenging relationship, romantic to 'kick it up a notch". This person has a behavior that I find disrespectful, and, since I'm quite smitten with this person, I have not brought it up thoughtfully in an adult-to-adult conversation. This person knows this behavior bothers me, even though I make gestures, or comments when it comes up – they are ineffective . In other words, I am not being heard or taken seriously.

When I consider stepping up and having an honest, frank conversation about wanting this disrespect to stop, I balk as several hidden Kid fears come up. "If I do this, this person may not care for me anymore, or worse, leave me". "This person is just going to do it again; it's been happening over and over for quite a while, it's pointless, this person is not going to stop". "I'm not sure what to say or how to say it without upsetting this person". It is quite clear that this conversation hasn't happened because of these fears.

I have a choice to make. I can either let things continue with the accompanying angst and upset, or I can have a sovereign Voice conversation with this person. If I opt to not have this conversation, then it's all on me. If I have the conversation and new boundaries are set, I mindfully monitor possible regression on my partner's side. If boundary is ignored, I called it out...PERIOD...!!! It is the adroit Adult evangelizing for the whole Being...!!!



YOU CAN DO THIS...!!!!

Acquire a small notebook to mindfully prepare to document and/or journal when these "cross-purpose world realities" arise during your day. Consider labeling this notebook as "Quest for Peak Resilience", or any title that honors your Parent whose is about to step up and "go the distance" on behalf of the Kids...!!!

The primary objectives of Parent monitoring, identifying, and tracking are to: (1) pinpoint/verify Kid's fears, (2) unpack/verify Kid's "belief system" surrounding the incident/circumstance and linked to these fears; (3) to begin to recognize and establish core pattern – then aim precise Parent-Child co-regulation.

Suggested notebook layout structure:

1. Divide into two major sections – FEARS/BELIEFS and TARGET AREAS
 - a. Fears/Beliefs. This section is where you document unresolved fears and associated ideas, notions, "world view", wishful thing, etc. As you continue this work, the idea is to ferret out (to search tenaciously for and find) additional hidden fear/belief imprinting.
 - b. Target Areas. This section is where you record details during activating events in each of these areas money/finance, food/consumption, work, recovery, therapy, relationships (acquaintances, friendships – casual, intimate – and romantic), spiritual development, etc. You decide if other "areas" are relevant and worth tracking.
2. Conduct Kid fear/belief assessment or inventory using the first section of the notebook to document and continuously track.
3. Within each "Target Area" section, here is a suggested framework to use when working through any challenging circumstance:
 - a. Activating Situation: Decision or Change
 - b. "Inner World" Kid Reality
 - c. "Outer World" Adult Reality
 - d. "Litmus Test" Process
 - e. Parent Follow-Up Actions
 - f. Adult Follow-Up Actions
 - g. Adult Outcome

The idea here is to begin to thoroughly work through these incidents, and as you become familiar with the dynamics, at some point, this mode of analysis and documentation will become straightforward. Keep in mind, the point here is to begin to transform "inner world" fears and beliefs – and overtime the inner world disharmony resolves and becomes congruent with the outer and spiritual worlds. You may have guessed that at this point, you're walking Mother Earth, as an imperfect, self-regulating adult...!

4. Begin to record and document in the appropriate category in the "Target Area" of you notebook., situations or circumstances. Key step here is the "truth, litmus test". Is true...? Also of Paramount importance, if in fact, there is no evidence, then proceed as: (1) Parent engages co-regulation to begin the journey toward resolution, and (2) based on outer world reality, the Adult carries on making mindful and thoughtful choices and decisions... and if a poor choice is made, a course correction is made without angst or regret.



The subtle objective here, as you may have already noticed, is to not only invite and address current fears, but to hopefully along the way, get access to and resolved this deepest layer and final phase of inner world, dysregulation and disharmony...!

Sample Notebook Entry:

Life Area: Money/Finances (from above)

Activating Situation: Decision or Change

- Inheritance – hire a professional

“Inner World” Kid Reality

- “I’m afraid of losing all our money, going broke. The way this lady acts, I think she’s up to something, I don’t trust her or anybody else with our money...!!!”

“Outer World” Adult Reality

- I’ve narrowed it down to this lady.

“Litmus Test” Process

- “In this moment, is there is NO evidence that she is untrustworthy and if we hire her that we will go broke...!”

Parent Follow-Up Actions

- Parent-Child co-regulation

Adult Follow-Up Actions

- Finish evaluation of professional

Adult Outcome

- Hire her...!!!

Questions to consider:

1. Are you willing to consciously engage in this exercise...?
2. Are you aware of any “inner world” fears, feelings, thoughts, and/or body sensations that have activated as you consider answering this question...? It might be helpful to keep track of these to hand over to the Parent to engage in Parent-Child co-regulation.
3. A sincere trusted witness may be quite helpful during this entire assignment process. Are you willing to reach out and connect – not with a typical “fellow traveler, but with a C2P trusted witness...? Here is a link to the current list:
<http://tiny.cc/TrustedWitnessList>
4. As you progress through this process, are you willing to attend Call2Parent meetings – especially Saturday which is focused on building Parent resilience...? Are you willing to share your progress on this assignment during the meeting and in fellowship...? This would be quite helpful for those attending – to witness possible challenges, and more important, be exposed anecdotally to tangible healing and progress...!
5. Are you willing to attend the Homework/Q&A Session on March 8th to share your experience (challenges and progress) with this assignment and also possibly get support...?

It is my sincere wish these exercises inspire deep and lasting healing and transformation – on your path literally untethering your childhood developmental trauma...!!!

Peace and Blessings, Always... Robert N 🙏