



2025 Call2Parent MINI-Workshop

THE EVOLUTION OF THE INNER PARENT

Are You Stuck In The “Loving” Mode...?

Questions to Consider

INTRODUCTION:

Given the homework/Q&A Zoom is next Saturday, for those who rolled up their sleeves and have taken on the assignment, I'm checking-in offering guidance and encouragement. In doing this assignment, you are effectively turning the tables on history and effectuating well-deserved healing...!



Just curious, did you use the following video as recommended and offered in the workshop...?

“Finally, whenever you need to refresh/recharge your unapologetic, **Tough-Loving Parent ATTITUDE**, rewatch the YouTube video (search “Peloton Yes. I. Can”)...!!! Remember, the theme is she is the Tough-Loving Parent looking at and responding to (energetically) to the Critic who is saying... “I own you...!!! You can't set a non-negotiable, impenetrable boundary with Me” ...!!!”

There may be two major camps of how things are going: (1) “I'm having a hard time”, and/or (2) “I'm on my way”. Of course, your experience can be a blending of the two. For our purposes here – the questions below fall into these two camps. BTW, it's OK to answer all these questions...

Most noteworthy: (1) responding to chronic abuse with anger is normal, (2) anger in response to chronic abuse is legitimate, and (3) we are all worthy of and entitled to take care of ourselves in the face of chronic abuse by, if needed and called for, setting non-negotiable, impenetrable boundaries with the abuser. Most important, any so-called redeemable qualities of the abuser are irrelevant to our commitment to our well-being...!

One last thing. This essence of the workshop and this assignment is the birthing, awakening, and developing/strengthening your Parent's TOUGH-LOVING VOICE...! This voice is fundamental and instrumental in the not only “humbling” of your Critic, but also in resolving your Teen's historical anger/rage/defiance, which is the follow-up and upcoming workshop.

I'M HAVING A HARD TIME...

1. How far did you get into the “STOP” process...? 2nd stage/level...? 3rd stage/level...?
2. What has been your Critic's reaction, demeanor, behavior to your confrontation and challenge of the abuse...? Be specific. Did the Critic turn up the volume – like “how DARE you talk to me that way...!”, “who do you think you are...?”, “hey, you, I won you...!”...and so on.... Does it remind you of your abusive parent(s) in childhood...? How did you respond...? Did it cause you to escalate or back off the power, intention, and force behind your confrontation...? BTW, if you backed off...do you see that the STOP boundary is now effectively negotiable and resets....?



3. Are you having difficulty in getting and expressing your anger...? If so, can you connect this to the years of swallowed anger in your childhood and maybe throughout your life....? Does the exercise calling for escalation of the angry STOP make things even harder...?
4. Do beliefs/judgements/convictions re: possible positive attributes/qualities of the Critic – like “my Critic is just trying to protect me” – continue to disrupt the progress...? Again, do you see that every time you defer/pause/hesitate, you are flirting with dissolving and resetting the boundary...?
5. Do you see the challenging dynamics you're experiencing when – in some, maybe many ways – are a reflection or microcosm of the dynamics of your childhood that are still “in play” in your life...? If so, you dealing with the Critic may have healing impact well beyond this assignment...!

I'M ON MY WAY...

1. How far did you get into the “STOP” process...? 2nd stage/level...? 3rd stage/level...? How and under what circumstances did your Critic actually get that you are serious and started to de-escalate and back away...?
2. At what point did you realize the Critic's presence is actually abuse...! Are there specific events/dynamics/situations that occurred that made this realization awaken...then stick...? Be specific.
3. The inability to set non-negotiable impenetrable boundaries with the Critic, or anyone else, is the false belief imprinted/decided in early childhood that we are unworthy of being treated well by others...and deserve to be abused. Through the success you're having in this work, when and how did you become aware that – that indeed – you are worthy and entitled to “go to any length” to STOP this abuse...?
4. Along the way...which if the following presented the biggest challenge that you overcame...
 - Allowing your regard for Self and the Kids to supersede any consideration, belief, or rationale as to why you cannot “go at” the Critic.
 - Awakening your legitimate anger...giving yourself permission to get angry.
 - Escalating the anger as the Critic pushed back with more abuse.
 - Becoming acutely aware that abuse is unacceptable and you have the right and capacity to stop it.
 - Feedback from others in your network who may become activated with what you are doing – holding a mirror to their challenges with their Critic...and can't help but give unsolicited advice to “keep your place” WRT dealing with the Critic – giving them child-logic permission to look away from themselves.
5. Describe the tangible shift in the quality of life in your “inner world” maybe even “outer world”...! Having rendered the Critic imperfectly benign, do you notice more Parent space and energy to focus on child-parent-co regulation – effectively the “holy grail” to transforming childhood trauma into wholeness...?

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

Peace and Blessings, Always... Robert N 🙏