



EVOLVING INNER PARENT 2 RESOLVING SWALLOWED HISTORICAL TEEN ANGER

Homework Assignment

WELCOME

This Tough-Loving Parent assignment calls forth two straightforward yet demanding outcomes:

1. Set and maintain a nonnegotiable, impenetrable “inner world” boundary...and
2. In parallel, imperfectly resolve Teen’s swallowed imprinted history

The information and associated practices are provided to enable and facilitate both outcomes, *sustainably so...*!

Keep in mind, I’m just a guy who got sober years ago, picked up the Red Book, Yellow Workbook, The Loving Parent Guidebook, had a panic attack, and via years of mindfulness, focus, and persistence – and trauma therapy...now walk Mother Earth as an imperfect, self-regulating Adult...! The crumbs being laid down are offered – not as the only, right way – but as way you may choose to explore and maybe follow. This is your healing recovery, please embrace it fully...!

This work is not for the faint of heart...

I salute you, your courage and commitment to heal....!

Peace and Blessings, Always... Robert N 🙏

SECTION 1: LET'S GET STARTED

INITIAL PREP – SET YOURSELF UP TO WIN

- Consider reviewing the original, December 2026 ‘Evolving Inner Parent’ workshop (both workshop and homework sessions are recorded) – and pay special attention to the topics of porous boundaries, porous boundary merry-go-round, swallowed childhood anger, and ancillary causes of a Loving Parent’s inability to set/maintain nonnegotiable, impenetrable boundaries, either with the Critic or Teen. As highlighted in this workshop, a Tough-Loving Parent’s authoritative voice and intentional tone are quite different when dealing with the Critic versus the Teen. These topics were reviewed in this workshop, yet if you want a deeper treatment of these topics, reviewing the original may be helpful. To review, click: [[HERE](#)].
- Consider giving your Teen a heads-up. This can be either spoken or in writing (my preference) – or both....your call. This homework journey will not be “business as usual” WRT your relationship and typical dialogue with your Teen. In order to achieve the transformative outcomes, the ensuing Parent-Teen practice puts the spotlight and consistent focus on the Teen, which is likely atypical and likely activating the Teen, intentionally surfacing the swallowed history in question – yet not to cause more Teen pain and suffering...but to *finally* cleanse, heal, and transform.



- Consider making this assignment your singular and sole focus for the homework period. In recovery, we have numerous tools, practices, and activities to work on/with – which may or not be relevant to this assignment. From the Teen's POV, there will be tension arising from parental dialogue and there be a draw to look away from the focus assignment. Regarding commitment and focus, the unfortunate rub is...those of us with dysregulated childhoods, both commitment and focus do not come easy and may require "heavy parental lifting". What I can offer you as an incentive from my own humble experience is imperfectly resolving Teen swallowed history is a true game changer – and shifts the healing trajectory toward self-regulating Adulthood...!
- Consider acquiring a paper/digital notebook or journal to capture this work. Dominant non-dominant dialogue with your teen can be quite powerful and helpful...! Also, from a Parent perspective, you may want to journal the tangible progress, you are making.
- If working with a trauma therapist, consider enrolling her/him to support you through this process. Assuming your therapist understands and supports the "Inner Child, Inner Parent" metaphor – this resource can be a helpful ally. This assignment will uncover deep and powerful wounds...so, effectively having a "surrogate, guardian parent" onboard can provide the healthy support/encouragement Parent and Teen may. A great self-care move and insurance policy.
- Consider identifying and enrolling a 'support buddy' to *witness* you during this process. Make sure she/he/they understand your intent and the scope of this work. More important, choose a trustworthy and safe partner...who is able to witness without giving unsolicited advice, especially with regard to their approach with dealing with their Teen which may be completely different. It may be very helpful to articulate and maintain that boundary during the enrollment process. This is not about them – this is about supporting YOU. If interested, there are fellow travelers in the Call2Parent community who are skilled at witnessing. To see a downloadable list with contact details, click [\[HERE\]](#).
- Consider attending any/all of the Call2Parent four weekly meetings. To get more info and Zoom register, click [\[HERE\]](#). Tuesday and Thursday are intended for traumatized, wounded Kids and nascent Parents. Saturdays are for evolving Parents and emerging Adults. Sunday is for Adults only. So, Saturday may be a good place to have your Parent heard, supported, and validated as you do this assignment.
- It's important to note that Tough-Love parenting the Teen is quite different from dealing (intentional word choice) with the Critic. For some, especially if you haven't attended the original workshop, this may be tricky. Respectful anger-laced dialogue with the Critic and authoritative-loving speech with the Teen are not the same. Yet another invitation to review the original workshop.
- Consider introducing mirror work into your daily practice, often. Self-validation can be powerful, can work miracles and build confidence...always a winner...!
- For sure, this parenting approach differs, in some ways significantly, from traditional literature and other prominent treatment modalities. Here is the bottom-line...if other approaches have actually worked – the Teen's history is resolved...then keep doing that. It occurs to me that were that the case you wouldn't be reading this sentence...☺ There are many paths to heal...giving you are here - I invite you to give this a shot.

OK, let's go...!!!

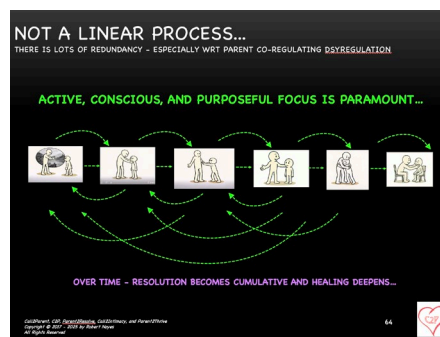


SECTION 2: TOUGH-LOVE PRACTICE

THE PROCESS

As outlined in the workshop, the practice steps or phases are progressive and purposefully well defined. Keep in mind, as you engage your practice, the ultimate objectives are twofold: (1) the Teen to accept that – in fact – they do not live, nor are they involved in the “outer world”; and (2) via focused precise Parent-Teen co-regulation swallowed history is transformed. The process is laid out to highlight the Teen's expected reactions when lovingly confronted with a consistent, persistent, and authoritative Parent.

The process is not linear – yet not randomly conceived. During the workshop, the steps were blown up to provide insight, even guidance, of the possible Teen reactions and suggested Parent dialogue. Keep in mind, your journey experiencing the phases, will be uniquely your own. You may find it helpful to spend considerable time on the first step, as in reality – the first step is the whole point and clearly is the center of focus. Or you may find as you engage down the sequence, returning to the first step as your process. Also, it is quite possible that in a given safe container you will travel multiple steps. For perfectionists, the initial pass will be to do them one-at-a-time in the order presented. That's OK...it will likely give you a feel for what's involved in this intentional and purposeful dialogue. Please give yourself total permission to proceed, linearly or randomly. There is no “right way” to do this...always pay mindful attention to what is resonating in your body as your healing compass.



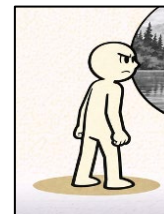
SECTION 3: BASELINE ASSESSMENT

QUESTIONS TO CONSIDER: PARENT & TEEN

1. Describe current challenging dynamics and consequences of your Teen's swallowed, unresolved anger/rage/defiance/sullenness history...? Be specific.
2. Regarding the idea of “inner” and “outer worlds”, does the idea that the Teen “LIVES” only in the “inner world” and “MANIFESTS” only in the “outer World” resonate...? How does this distinction inform and impact your approach to this assignment...? Be specific.
3. Regarding the loving-authoritative Tough-Voice, is this concept entirely new or have you had some experimentation before the workshop...? If the latter, what has worked and what challenges continue to endure...? Be specific.
4. Regarding boundaries, does the distinction between negotiable and non-negotiable; penetrable versus impenetrable makes sense...? For many, this distinction is new information and foreign. Do you see that a penetrable, negotiable boundary is porous and thus not sustainable or protective...? Be specific.
5. The fundamental difference between a Loving and Tough-Loving Parent – though nuanced - is the latter's understanding that recurring, historical dysregulation and “pass through” are his/her responsibility to address and resolve...effectively acknowledging the “love only” voice hadn't achieved sustained Teen resolution.



6. It is important to note again that authoritative-loving Tough-Loving Parent dialogue with the Teen, ought not be confused with respectful anger-laced speech, as in the case when dealing with the Critic. Do you have difficulty in addressing, or even considering addressing, your Teen with an authoritative and persistent voice...? Are you concerned about hurting her/his feelings...? Do you see continuing with just "love" can, in fact, create porous, negotiable boundaries – perpetuating the Teen's suffering...? Be specific.
7. "Pass through"- unresolved Teen history projected into/upon the "outer world" - is a key concept of this assignment. Teen "pass through" can be obvious as in the case where Teen's activated anger, rage, defiance, or sullenness is projected – bypassing the Parent – into the "outer world", skewing Adult behavior, speech, and/or judgement. Yet it can also be quite subtle as when the Teen just looks out into or even just listens to the 'goings on' in the "outer world" assuming that she/he is involved and a party to what is happening. When this happens, the Teen erroneously takes "outer world" personally politician. Are you willing to begin to document daily "pass through" instances...? The more detail, the better. These details will inform you, the Parent, what needs attention.
8. Neurobiologically speaking, does idea that "pass through" travels on toxic, childhood-imprinted neuropathways...and the pathways deepen every instance...? From a trauma-informed Parent perspective, can you see that continued "pass through" is detrimental (being kind) to Teen healing...effectively, with continued "pass through", the Teen is getting in his/her own way...? Be specific.
9. From the workshop, three main sources or causes of the Parent's inability to imperfectly resolve the Teen's swallowed history presented were: porous parental boundaries, unresolved swallowed historical anger, and ancillary, unhelpful beliefs/attachments. In your experience, which of these – if not all – are challenging you as you do this assignment...? What actions can you take to begin to remove in mitigate these unhelpful issues...? Be very specific. One last reminder: the original workshop and homework go deep on this.
10. Can you also see, that if the Teen's swallowed history is imperfectly resolved and, thus, loses interest in the "outer world" – AKA she/he/they imperfectly accept they live only in the "inner world"...and in parallel swallowed history is resolved – that you are making tangible healing progress toward becoming an imperfect self-regulating Adult...? Be specific.



SECTION 4: 30 DAY TOUGH-LOVE PRACTICE

10,000' VIEW OF THE PROCESS...

NOTICE

HERE ARE THE PRACTICAL DETAILS OF MY TOUGH-LOVE PARENT PROCESS...

- Establish and holding the non-negotiable, impenetrable boundary took several months
- Over the entire period, re-enforcing was the primary focus of my morning meditation
- I cut my Tough-Loving Parent's eyeteeth on the Critic (highly recommended)
- The energy behind my tough-loving parent was powerful - deepened over time

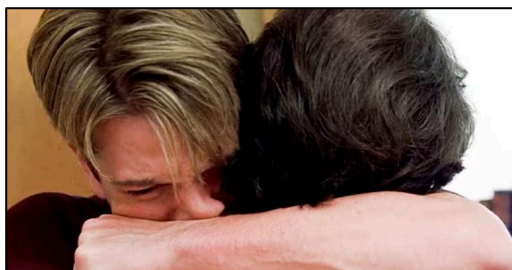
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TIME TO GET TO WORK...!!! YOU CAN DO THIS...!!!!

First things first. Let's not lose sight the desired outcomes of this workshop and assignment: (1) set and maintain the Master Boundary, which means the Teen accepts she/he lives only in the "inner world", loses interest in the "outer world", and "pass through" imperfectly ends; and (2) via Tough-Loving-Parent-Child co-regulation, swallowed Teen history is imperfectly resolved – creating sustained "inner world" harmony, which along with rendering the Critic benign (original workshop), make self-regulating Adulthood possible...!!!!



It may be helpful to review this clip from the Movie Good Will Hunting, by clicking here: [YouTube Video](#).

This scene, Matt Damon's Teen and Robin Williams as the Parent, depicts every step – beginning to end - of the Tough-Love-Parent-Teen healing process ultimately revealing the Teen's broken heart...!!!!

PHASE 1: SET/HOLD MASTER BOUNDARY

PHASE 1: SET/HOLD THE MASTER BOUNDARY...

THE WHOLE POINT...SHIFT AND HOLD THE TEEN'S GAZE INWARD TOWARD YOU, THE PARENT...!

BACKGROUND

- Outward gaze and "pass through" are NORMAL and are rooted in unresolved historical needs that were never met - with no self, the Teen looks outward to attempt, in vain get needs met
- Most important, the Teen is not responsible or at fault (de-pathologize, de-stigmatize)
- Recurring feelings, thoughts, and behaviors are rooted in deep, pernicious neuropathways

SIGNIFICANCE

- THE MASTER BOUNDARY IS THE 'CRITICAL SUCCESS FACTOR'
- THE MASTER PRACTICE IS THE 'CRITICAL SUCCESS FACTOR'
- RE: "pass through", the Teen is totally unaware that it is literally genuinely impeding their healing -but you, the Parent ARE and respond accordingly to get the Teen's attention to ultimately and consistently shift gaze inward (hint: be careful not to blame or insinuate the Teen is at fault)

BOUNDARY-SETTING DIALOGUE

- "Sweetheart, you don't live out there, you live in here with me"
- "Sweetheart, you are not involved out there"

CALMING CO-REGULATION DIALOGUE

- "Sweetheart, it's OK to feel angry, upset, defiant, or confused. No wonder you're angry, no one deserved to be treated like you were...!"
- "Honey, I am here to witness your anger; your rage, your defiance. You can feel and speak your anger to me. I will not abandon you as you feel and express your anger...! Your anger is legitimate, real...you are not making this up, you are not crazy, it wasn't your fault...!"

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PHASE 2: TELL, REINFORCE THE TRUTH

PHASE 2: TELL, REINFORCE THE TRUTH...

OF COURSE THE TEEN IS UPSET...!!!

BACKGROUND

- In a dysregulated household, the Teen never develops a self.
- Without a self, the Teen's sole and singular line-of-sight - is desperately looking to the "outer world" for love, validation, and soothing...which was unfortunately and tragically in vain.

SIGNIFICANCE - ANGER

- You are challenging the deep-seated illusion of safety by being guarded, on high alert
- You are challenging the desperate attempt to hide a broken heart

BOUNDARY-SETTING DIALOGUE

- "Sweetheart, you don't live out there, you live in here with me"
- "My love, that person was talking to our adult out there, that person has no idea you exist. You live here with me"
- "Sweetheart, you've been suffering a long time, I am here, I'll always be here, together, we can heal your suffering."
- "Honey, it's OK to feel the feelings when I tell you you live only here with me. I promise to be with you and love you as these feelings heal"
- "Sweetheart, the Adult is totally responsible for living in and taking care of what happens in the "outer world" - you are not involved"
- "Sweetie, I'm over here, you do not live out there"

CALMING, LOVING CO-REGULATION DIALOGUE

- "Sweetheart, it's OK to feel angry, upset, or confused. It makes perfect sense that you're angry, no one deserved to be treated like you were! What happened to you was NOT your fault...! You did NOTHING wrong! There is NOTHING WRONG WITH YOU, there never was...! You are not crazy!
- "Honey, I am here to witness your anger. You can feel and speak your anger to me. I will not abandon you as you feel and express to anger! Your anger is legitimate, real...you are not making this up!

THE WHOLE POINT...SHIFT, THEN MAINTAIN THE TEEN'S GAZE INWARD TOWARD YOU, THE PARENT...!

PHASE 3: HOLD BOUNDARY, GIVE SAFE SPACE

PHASE 3: HOLD BOUNDARY, GIVE SAFE SPACE...

BACKGROUND

- Continuing to invite the Teen's attention and creating space for whatever the response, is progress to the Teen's benefit re: pruning and replacing neuro pathways
- It is possible that at some point, the Teen will turn her/his unresolved anger back onto the Parent

SIGNIFICANCE

- The boundary is starting to land...keep at it
- You are on your way...

BOUNDARY-SETTING DIALOGUE

- "Sweetheart, you don't live out there, you live in here with me"
- "Sweetheart, you are not involved out there"

CALMING, LOVING CO-REGULATION DIALOGUE

- "Honey, these feelings you are having are normal and I'll be with you, love, you until they pass - and - you're still not involved out there..."
- "Sweetheart, when you feel with me, we heal..."

THE TEEN'S GAZE IS SHIFTING...KEEP IT UP...!!!



PHASE 4: REINFORCE TRUTH AND BOUNDARY

PHASE 4: REINFORCE TRUTH AND BOUNDARY...

STAY THE COURSE...!!!

THE JOURNEY OF TEEN TRUST AND ACCEPTANCE IS WELL UNDERWAY...!!!

SIGNIFICANCE

- Over time, especially when focused and intentional co-regulation is processing the swallowed history, the Teen's attention is more and more on you...and is accepting she/he lives only in the "inner world"
- Connection, safety, and trust continue to build – tangibly so
- The deeply hidden broken heart begins to move toward the surface...

CALMING, LOVING CO-REGULATION DIALOGUE

- "Sweetheart, none of what happened to you was your fault...?"
- "My Darling, you didn't deserve to be treated the way you were..."
- "Honey, that was then, and this is now. I love you with all of my heart and soul, you are never going to be alone again..."

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PHASE 5: EMBRACE TEEN'S BROKEN HEART

PHASE 5: EMBRACE TEEN'S BROKEN HEART...

THE TEEN HAS COME HOME...!!!

BACKGROUND

- The purpose of manifesting and projecting swallowed historical anger/rage/defiance/sullenness was to hide – at any cost – a broken heart
- IMHE, grief is different from and deeper than dysregulation

SIGNIFICANCE

- Undeniable, unabashed grief has arrived...and may last for an extended period...!!!

CALMING, LOVING CO-REGULATION DIALOGUE

- "Sweetheart, I know... I know... I know..."
- "My darling, I love you...I am here... you are not alone...I will always be here..."

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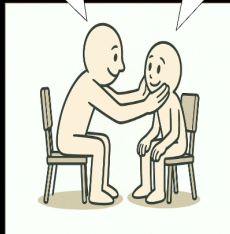


PHASE 6: CONNECTION AND ATTUNEMENT

STEP #6: CONNECTION AND ATTUNEMENT...!!!

Sweetie...I love you unconditionally...! I will never abandon you...! I will take care if you no matter what happens...!

I know...thank you for being there and loving me through all this...!



LIFE TOGETHER IN THE "INNER WORLD" IS NOW FOREVER DIFFERENT ...!

↑

BACKGROUND

- Historical issues have been imperfectly resolved, and the Teen is connected to, trusts, and relies on YOU - the Parent - and now disconnected from and totally disinterested in the "outer world"...!!!


SIGNIFICANCE

- Imperfect resolution of Teen's swallowed history...!!!


LOVING DIALOGUE

- "Sweetheart, I love you unconditionally..."
- "My Darling, I will never, ever abandon you..."
- "Honey, I will take care of you, no matter what you are in, we are in..."

**PARENT ALERT:
HEAD TO THE MIRROR TO ACKNOWLEDGE YOU FOR A JOB WELL DONE...!!!**




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TANGIBLE MEASURE OF PROGRESS

MEASURES OF SUCCESS - ONLY 2...!!!

IMPERFECTLY, OF COURSE...




TEEN ACCEPTS, OVER TIME, SHE/HE LIVES ONLY IN THE "INNER WORLD"

➔ **"PASS THROUGH" IS GONE OR IS INSIGNIFICANT IN "WORLDS" IMPACT**

PARENT RESOLVES TEEN'S DYSREGULATION WITH CO-REGULATION

➔ **PRECISE RESOLUTION OF IMPRINTED FIXED GASE OUTWARD...AND TEEN DYSREGULATION INTENSITY --> ZERO OR INSIGNIFICANCE**



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