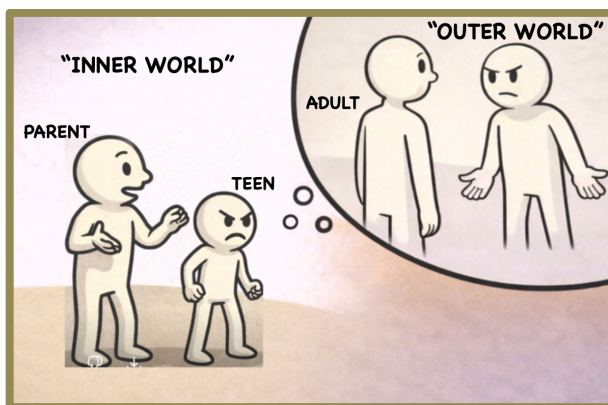




## EVOLVING INNER PARENT 2 MAY 23<sup>rd</sup> HOMWORK/Q&A SESSION



The Homework/Q&A Zoom is around the corner. Essentially, our time together will be to invite your experience/feedback on "what's working/worked", "what challenges remain", and general questions.

The assignment called forth two straightforward yet demanding objectives:

- Set/maintain a nonnegotiable, impenetrable Master Boundary...and
- In parallel, imperfectly resolve Teen's swallowed imprinted history

...on both accounts, sustainably so...!

### QUESTIONS TO CONSIDER

The following questions will guide our discussion of the assignment...

1. For those who participated and completed the homework from the original Evolving Parent workshop last year effectively "humble" the Critic...did you find exercising your Tough-Loving Parent's "respectful anger" voice from that assignment make exercising the "authoritative loving" voice in this assignment easier...? Be specific. BTW, for those who did not attend the original workshop and/or did not do the homework, are you willing to considering doing either/both...? You may find it quite helpful.
2. Were you able to imperfectly set the Master Boundary and virtually resolve your Teen's swallowed history...? Did your Teen's hidden broken heart reveal itself...? GREAT WORK...!!! Yet please, please attend the Homework/Q&A session to share your process and experience of how you successfully attained these outcomes – and – most important, the exquisite consequences and impact on the quality of your "worlds" and Being...!!!
3. If you're still struggling, do you consider setting a non-negotiable, impenetrable boundary even possible...? Especially the Master Boundary...? If so, please explain. If not, why not...? If the latter, please bring and voice these issues to the Homework/Q&A Zoom...!!! "Pass through", Master Boundary, and identifying/resolving Teen history are the key concepts of the work in this assignment.



Are you comfortable with the meaning and purpose of all three...? If not, explain what's missing. Please bring this to the Zoom...!

4. Describe your overall experience doing this homework. What's working/worked...? What surprised you most...? What remains as most difficult...? Be very specific.
5. Through thoughtful introspection, what Teen swallowed Teen history – angry/rage/defiance feelings and especially thoughts – have you identified and uncovered...? What tangible progress have you made witnessing and co-regulating this historical content...? Be specific.
6. How has your relationship with your Teen changed...? Be specific. Has your relationship with your "Little One" Kid(s) also changed...? Be specific.

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

I salute your willingness to "do the heavy lifting" to transform your childhood trauma into wholeness...!!!

"See" you next Saturday...

Peace and Blessings, Always... Robert N 🙏