The Loving Parent Guidebook

**Loving Parent**

- Loving, compassionate, curious, connected.
- Spacious, gentle, supportive, calm.

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**Wounded/Reactive State**

* Dysfunctional

- **Critical Parent**
  - Critical
  - Controlling
  - Fear-based, shamed-based

- **Inner Teenager**
  - Rebellious, impulsive, reactive
  - Inner child defender
  - Resentful, angry, shut down
  - Compulsive behaviors, use of substances

- **Inner Child**
  - Isolated, hidden away, guarded
  - In pain from trauma, neglect, and abandonment (sad, scared, worried, in shame)
  - False beliefs

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**Healthy/Healed State**

- **Critical Parent**
  - Part who can relax
  - Supportive

- **Inner Teenager**
  - Authentic
  - Direct
  - Brave

- **Inner Child**
  - Spontaneous
  - Sensitive, vulnerable
  - Playful, creative
  - Loving

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