

Stop and Strengthen

Introduction to Step 11: Changing Behaviors

Pursuing Podcast Episode 12

May 13, 2019

Notes	
Main Points	<ul style="list-style-type: none">● Step 11: We commit to behaviors that are consistent with our healthier emotions, thoughts, and beliefs.● As we work on changing our emotions, thoughts, and beliefs, behavior change will follow.● This being a circular feedback process, as we implement behavior change, our emotions, thoughts, and beliefs are reinforced in a positive way.● Some critical positive behavior changes are self-parenting, self-care, and showing up with self-compassion. Research is clear that for behavior change to be positive and lasting, self-compassion is far more effective than self-punishment.● As we consciously change behavior, we can take advantage of the brain's design for efficiency to automate the process. By consciously repeating these behaviors through evidence-based methods, we create unconscious action programming, or habits.
What is Self-Parenting?	<ul style="list-style-type: none">● Self-parenting is essential on a healing journey. It helps us to mature at all four levels (physical, mental, emotional, spiritual/energetic). Without self-parenting, it's easy to get lost in the fear-based patterns and lacking the strong foundation to reach our potential.● Self-parenting is when we bring in our rational, mature self to create a supportive environment for ourselves, so we feel secure to express our deepest essence to the world.● Self-parenting involves (1) inner conversations and (2) specific behaviors of showing up and supporting ourselves.● "For there to be a conversation inside my mind, I reasoned it must be occurring between two points of view. When we are young we are biologically programmed to model and mimic

our parents as part of growing up. As a result, we unconsciously absorb our parents' ideas, viewpoints, and mannerisms. These attitudes and opinions become the voice for one side of our Inner Conversations: the INNER PARENT.

- As children we also had our own pint-sized egos and outlooks on life. We formed opinions and reactions to our parents and the world around us. We made decisions about the way things were in the world (right or wrong). Today that voice still reacts within each of us the same way it did when we were young – even though childhood might have been twenty, forty, or sixty years ago. I call this voice the INNER CHILD.
- Your Inner Conversations are the dialogues between these two distinct and separate voices. The Inner Parent offers mental opinion, intellectual advice, and rational reasoning. The Inner Child contributes emotional feelings, irrational reactions, and subjective responses” (Pollard, 1987).
- By becoming more aware of your Self-Parenting style, you can start to make conscious choices in your life rather than acting on past patterns.
- Behaviors (adapted from Sylvia Salow):
 - Step 1: Nourish your body
 - Step 2: Remove negative and toxic things/people from your life
 - Step 3: Unleash your voice (speaking your truth, ask for what you want, take responsibility for yourself)
 - Step 4: Tune into your emotions (Step 8 in the 12 Steps)
 - Step 5: Support yourself (don't abandon yourself—show up and re-parent)
- *Do you abandon yourself when challenges come up?*
- *What kind of support do you need to achieve your dreams?*
- *In which situations can you support yourself more?*
- The table below shows how to re-parent rather than abandon ourselves:

	<p>PTSD_ADHD</p> <table border="1"> <thead> <tr> <th data-bbox="532 243 971 289">Abandoning Self</th> <th data-bbox="971 243 1409 289">Re-Parenting Self</th> </tr> </thead> <tbody> <tr> <td data-bbox="532 289 971 365">Coping with emotional pain through distraction</td> <td data-bbox="971 289 1409 365">Practices sitting with and observing emotions</td> </tr> <tr> <td data-bbox="532 365 971 441">Avoiding situations that cause fear and discomfort</td> <td data-bbox="971 365 1409 441">Facing fear and discomfort as a path to growth</td> </tr> <tr> <td data-bbox="532 441 971 487">Lack of rituals of self care</td> <td data-bbox="971 441 1409 487">Rituals as a non-negotiable</td> </tr> <tr> <td data-bbox="532 487 971 562">Daily self-betrayal</td> <td data-bbox="971 487 1409 562">Trust in your own word (connection to self)</td> </tr> <tr> <td data-bbox="532 562 971 638">Inability to say 'no', lack of boundaries, impulsive</td> <td data-bbox="971 562 1409 638">Boundaries as self-care, committed to showing up</td> </tr> </tbody> </table>	Abandoning Self	Re-Parenting Self	Coping with emotional pain through distraction	Practices sitting with and observing emotions	Avoiding situations that cause fear and discomfort	Facing fear and discomfort as a path to growth	Lack of rituals of self care	Rituals as a non-negotiable	Daily self-betrayal	Trust in your own word (connection to self)	Inability to say 'no', lack of boundaries, impulsive	Boundaries as self-care, committed to showing up
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<p>Self-Care</p>	<ul style="list-style-type: none"> • Exercise • Meditation • Eating well (<i>nourish your body</i> is one of the five ways to parent ourselves presented by Salow) • Being mindful of where we are spending our energy (our energy flows where our attention goes) • Self-care in connection with self-parenting is NOT about self-indulgence, but is about honoring ourselves and our highest good. 												
<p>Three Action Items</p>	<ul style="list-style-type: none"> • Become aware of your inner child and how you parent him/her. Work on showing up for your inner child in a way that aids and supports your healing and allows you to show up fully in this life journey. • Decide on at least one self-care action you can implement for the week. • Where can you say 'no' to provide time to focus on your healing? Decide, commit, and do it. 												
<p>Sources</p>	<p>Salow, S. (2018, August 14). <i>5 fundamental self-parenting techniques to nourish your adult self</i>. Retrieved from: https://sylviasalow.com/2018/08/14/self-parenting/</p> <p>Pollard, J.K. (1987). <i>Becoming your own loving parent</i>. Retrieved from: https://www.selfparenting.com/becoming-your-own-loving-parent-easier-said-than-done-for-ACAs</p>												