



Learning About Your Wounded Self's “Very Good Reasons”

1. Move into the intention to learn about the strategies of your wounded self
2. From your loving adult, say to your wounded self:

You must have a very good reason for _____ (acting-out, drinking, shaming me, cutting me, telling me I can't do it, etc). Please tell me about what you are trying to control or protect. (hint: the wounded self usually tries to control getting love, approval, recognition or safety from others; he also tries to avoid pain by trying to control others, control other's opinions of him, control their reactions, etc.)

Let your wounded self respond to your question by writing with your non-dominant hand here*:

Loving Adult, ask: Tell me more about what you are trying to control or protect.

Loving Adult, ask: When was the first time you remember having to control or protect in this way?

Loving adult, empathize with your wounded self. Tell him or her how you can understand why he/she wants to control or protect the current situation because of fear from past hurt.

Next, talk to your wounded self about any boundaries you may have to set on his/her behavior (no cutting, no drinking, no bingeing/purging, no criticizing me, no blaming, no intellectualizing, etc.) in order to move from SURVIVING to THRIVING. You do not need to get your wounded self's permission to do this. You may have to "lovingly restrain" him or her from unhealthy behaviors. But, if you can get your wounded self's buy-in to your plan, this will make working with him or her much easier.

Here's an option for working with a resistant wounded self:

Ask your wounded self what she really, really wanted to do when she grew up. Talk to him about his dreams, even if they were just brief fantasies that your wounded self believes could never happen. Ask your wounded self what JOB she would want to take on if she didn't have to protect so fiercely as she did when you were a kid. Let your wounded self write about his dreams here. You may want to offer to take your wounded self through a "rite of passage" ceremony to give him a new job that is fitting for different, present-day life circumstances. Talk to him about that here. What kind of ceremony would he like? What does he want to become. Talk to him about how you are willing to take steps to make his dreams come true.

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