

SELF Management – Intrapersonal Protocol

How to develop relational intimacy with my *Self* and with others moment by moment.

INTRAPERSONAL TRANSACTIONS (self-intimacy / connecting with my “Royal Child”)

IMPORTANT NOTE: All this self-care work takes place in the *HERE-AND-NOW*, the focus being the *present*. As soon as I become AWARE that something does not FEEL right in my body, my heart or my mind, I need to

- 1) Access (i.e. go to) my ADULT, connect with my inner SELF and direct it to...

DIAGNOSIS

- 2) Do an EMOTIONAL CHECK-IN in order to IDENTIFY which EMOTIONS are activated in me.
 - a) First, I ASK myself what emotions I am feeling * (i.e. what my inner or SUBMISSIVE CHILD is feeling).
What am I feeling right now? _____
E.g.: “Anxiety... and sadness... I’m feeling anxious and sad!”
* If I am unable to identify an emotion, it’s ok. I simply tell myself something along the lines of:
E.g.: “I’m struggling right now”, “I’m not feeling so good at the moment”, “It’s not fun to feel what I’m feeling right now”, etc. Then I proceed to the next step.
Note: Some people self-talk by using “I”, and others use “you”: both ways are fine! Find your way.
E.g.: “I’m feeling so anxious and sad.” or “You’re feeling so anxious and sad.”
 - b) Then I ASSESS how much of the emotion(s) I am feeling on a scale of 0 to 10 (_____/10).
E.g.: “It’s pretty bad... it’s like a 7/10!”
 - c) Thirdly, I add “AND IT’S OK” at the end of the statement; this step is very important as it is healing.
E.g.: “I’m feeling anxious and sad... and it’s OK.”
- 3) Do a COGNITIVE CHECK-IN in order to identify if critical or toxic THOUGHTS are activated in me.
 - a) Is my inner CRITICAL PARENT activated? If not, I can proceed to step 4 below. If it is activated (and it probably is!) and I am being SELF-CRITICAL, I need to manage it so I can redirect my energy to my inner CHILD who needs *immediate* soothing. I self-talk (i.e. from my ADULT to my Critical PARENT):
“I’m feeling really _____ (see “2 a)” above) and need to take care of my emotions”.
NOW is NOT the time to be self-critical. It really isn’t! I need to SELF-SOOTHE my inner CHILD ASAP!
 - b) If my CRITICAL PARENT is insistent, I will need to:
 - i) Identify ALL my CRITICAL thoughts. E.g.: 1) “You’re such a loser!” _____
2) “You can’t ever do anything right!” _____
3) “What if you’re not able to improve the situation?!” _____
4) “What’s the point?! You always screw things up!” _____
 - ii) Find the ANTIDOTE thought for each. E.g.: 1) “I’m not a loser! I’m just struggling at the moment!” _____
2) “That’s totally UNTRUE of me! I do many things right on a daily basis!” _____
3) “I WILL be able to find a solution: I ALWAYS do!!” _____
4) “The point is that I’M WORTH IT! So just back off... go take a break: I need my NURTURING PARENT right now.” _____
 - iii) I PUT my CRITICAL PARENT on PAUSE, and channel all my energy into my NURTURING PARENT so that I can tend to my inner CHILD who really needs my IMMEDIATE ATTENTION, PARENTING, NURTURING and SOOTHING. I breathe out, I relax and I say to my Self: “I am OK... I will be OK”.

PREPARATION

- 4) First, I need to take a moment to really CONNECT with, FEEL my emotions (i.e. connect with my inner CHILD) and simply ACKNOWLEDGE them. To do so:

- a) I BREATHE OUT... I have a good EXHALE and TAKE THE TIME to relax my body as much as possible;
- b) Then I PAY ATTENTION to my body, my emotions, my thoughts - but not too much thinking please! I need to let any intrusive thoughts simply go by like a train passing by in the distance.
- c) I now ACKNOWLEDGE my emotions once again: I validate my SUBMISSIVE CHILD and stay with my emotions i.e. I stay CONNECTED to my inner CHILD. This might be difficult... and it's totally normal! E.g.: "I'm so anxious right now. I'm so scared! It's no fun!! And it's OK." I breathe out and relax.

PRESCRIPTION

- 5) Now I need to PRACTICE SELF-SOOTHING to LOWER the intensity of my emotions BELOW 3/10 (or even below 2/10 if at all possible at this point or with ongoing practice) by accessing my NURTURING PARENT.
 - a) I NURTURE my SUBMISSIVE CHILD and GIVE my Self some HOPE (i.e. I practice SELF-LOVE, SELF-INTIMACY, SELF-NURTURING, SELF-PARENTING, SELF-HEALING... however you want to call it). Most of all, I NEED TO LAY IT THICK (very thick!!!): I need to find at least 10 supportive statements in order to counter balance all the negative and self-critical statements I tell myself! And normally there are more than just a couple of self put-downs, right?!
E.g.: "It's OK. I will be OK. I am strong. I am capable. Things will get better. I am able to get through this. I am *not* alone. I have ME! I have my SELF! I've always managed so far in my life: I *can* do this! I *WILL* do this! It will get better. As scary and uncomfortable as this may be, it's only temporary. It won't last. I will be OK! I am *strong*. I *can* and *will* overcome this! I may not feel OK right this moment but I will be OK. I *am* OK! This too shall pass!". I breathe out and relax my body and mind.
 - b) I now REASSESS my level of emotions on a scale of 0-10. If above 3/10, I can either go back to step 4 in order to bring it below 2-3/10 (which is the ULTIMATE GOAL), and do as many "loops" (i.e. steps 2 to 5. b) as needed until I lower the intensity of my emotions, or I may proceed to the next steps.
 - c) I may NEED TO DO one or more of the following: i) BREATHING EXERCISES with my inner CHILD to further reduce the intensity of my emotions. E.g.: the "CUBE" (3-3-3), "Box Breathing" (4-4-4), or "4-7-8 BREATH METHOD"; ii) GROUNDING EXERCISES, e.g.: BODY SCAN: I feel and *contract* my toes, feet, ankles, legs, knees, thighs, etc. until I get to my head, and I relax each body part slowly, I feel each part of my body and become aware of it; SURROUNDINGS SCAN (I look at my surroundings and focus on the colours, shapes, smells, sounds, sensations around me); "BUTTERFLY HUG" (I cross my arms over my heart and flutter my hands like a butterfly onto my shoulders and breathe deeply; iii) POSTURAL awareness EXERCISES; e.g.: the BRUEGGER'S method; v) reading; vi) meditation; vii) guided imagery; viii) mantras (e.g.: "I was OK before this, I am OK right now, I will be OK, I am STRONG"); ix) listening to my favourite music/singing a soothing song, etc. I am free to try anything HEALTHY that helps me LOWER the level of my emotional intensity. (see attached documents)
- 6) I connect to my inner CHILD for a moment... I just BREATHE OUT... and REASSESS how I am feeling: I go back to 2 a). If my level of emotion(s) is above "3/10", I simply REPEAT steps 3 to 5 c) UNTIL I SELF-SOOTHE my inner CHILD and LOWER my level of emotions BELOW 2/10 or 3/10 so that I may become able to access my ADULT freely. With time and practice, I will change my ineffective neuropathways for healthier and more effective ones by learning to self-soothe and calm myself down as needed.

ACTION

- 7) At this stage, I am in a position to ACCESS my ADULT once again... so that life can go on as I am feeling more CENTERED and CONNECTED to my Self. I may simply carry on with my day, or I may need to TAKE some form of ACTION depending on my situation, for example do a transaction with someone else's ADULT and make a request to them... which brings us to STEP II.



Self-Care Work Sheet

1. Once I become aware that I'm not FEELING well, I access my ADULT, i.e. I CONNECT TO MY SELF.

Diagnosis

2. a) How am I FEELING right now? (emotional check-in) _____
b) The intensity of my emotions is: _____ / 10

3. a) What are my CRITICAL THOUGHTS right now? (cognitive check-in) 1) _____

- b) Here are my COUNTER-CRITICAL THOUGHTS: 1) _____

Preparation

4. a) I BREATHE OUT... I have a good exhale and relax my body and my mind as much as possible.
b) I feel, I connect to and I ACKNOWLEDGE EACH of my emotions (see 2 a); I simply say to myself:

I am feeling _____

Prescription

5. Now, I go even further in the process as I need to SELF-SOOTHE:

- a) I VALIDATE my emotions: I'm feeling _____
...AND it's OK!
b) I NURTURE my SELF and offer my SELF hope (I find *AT LEAST* 10 comforting statements!): I'm OK!!
I'll be OK. I am strong/beautiful... I'll get over this like I've gotten over everything else in my life!

- c) I REASSESS my level of emotions (___ /10) and if above 3/10, I go back to Step 4 or to the next step;
d) If needed I do i) breathing exercises (Cube/4-7-8, etc.), ii) grounding exercises, iii) butterfly hug exercise, iv) Bruegger's position, v) reading, vi) meditation, vii) guided imagery, viii) mantras, ix) yoga x) music/singing, xi) physical exercise or anything HEALTHY that helps lower my emotional intensity.

6. I then REASSESS (___ /10) and, if above 3/10, I REPEAT the process (i.e. steps 3 to 5 d));

Action

7. Now I either take action, e.g. I make an external request (STEP II) or I simply carry on with my day. ;-)

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