

Reparenting Check-in Worksheet

This exercise from the Loving Parent Guidebook strengthens your ability to identify and feel your emotions, which grounds you in the present moment. Recognizing which part is activated and how it got triggered helps you care for them. Doing this exercise regularly acquaints you with the inner loving parent and the other members of your inner family. Eyes can be open or closed. After you read each question, pause. Allow your answers to arise from within.

1. What physical sensations and emotions do you notice? Allow yourself to experience them.

- a. I feel (one-word emotions*): _____
Some common emotions: angry, disappointed, frustrated, tired, sad, hurt, scared, confused, hopeless, embarrassed, ashamed, touched, thankful, relieved, joyous, comfortable, eager, proud, serene, hopeful, content. **Example: I feel anxious and scared.**
- b. I notice (physical sensations): _____

Check your breathing, face, throat, torso, hands, feet, etc.

Example: Tightness in the stomach. Shallow and choppy breathing. Cold hands.

*One-word emotions help us distinguish emotions from thought. Practice using "I feel" followed directly by the emotion word. When we use *that, like, as if, pronouns or names/nouns* after "I feel," we're often describing a thought or an interpretation. For example, "I feel like a failure," and "I feel she doesn't like me."

2. Who (what part of you) needs your loving parent's attention?

- Inner Child Teenager

3. What activated this part? Notice your self-talk. Allow yourself to experience your emotions.

- Critical Parent / Distorted Thinking* People, Places or Things Don't know

Describe briefly: _____

Example: My critical parent projected a scary future. That scared my inner child.

*Judgment, ruminating on the past, projecting the future, should, must, all-or-nothing thinking, catastrophizing, etc.

4. How do you feel toward the part that needs your loving parent's attention? Connected? Curious? Compassionate? If not, how can you access these qualities to tend to this part? Once you sense some connection to the qualities of the loving parent, proceed.

Validate the part's feelings and needs: _____

Example: "I hear you're feeling scared and worried about the future, hopeless even about feeling safe."

Reassure / Nurture: _____

Example: "I'm here with you. I won't leave you alone with these feelings. I'll keep you safe. Let's breathe together and bring this down."

Do they need anything else? Comforting touch, guidance or limits?

Example: A self-hug. "This is not that, you're not alone anymore. I'm here now. Let's stay here in this moment."

