

Exploring & Understanding The World of Your Inner Child

This survey is designed to inspire a deeper awareness about your upbringing, your childhood patterns and your experience as a child. Some of these answers create the foundation of your existing conscious and unconscious patterns. Please take your time and answer the questions to the best of your ability. This is ultimately created for your growth and expansion as part of your healing process. You will be invited to share some of these questions in the workshop if you are willing, so be open to expressing your answers.

1. **What was the Cultural or ethnic background of your family members growing up?**

MOTHER: _____ FATHER: _____ OTHER: _____

2. **What was the religious or spiritual background most practiced in your home growing up?**

3. **Did you have any siblings? If so list them in order oldest to youngest, including yourself in the list.**

4. **Please complete the two lists below by ranking the TOP 7 options in order (to only those that apply), on the line provided on a scale from 1-7 (with 1 being the most and 7 being the least likely). How you were most likely to get attention as a child from your Mother and Father Figure?**

Your Mother figure:

- ___ a) Temper tantrum
- ___ b) People pleasing
- ___ c) Injury or getting sick
- ___ d) Withdrawing or hiding
- ___ e) Being obedient or complaint
- ___ f) Directly asking for attention
- ___ g) Scholastic success (or being smart)
- ___ h) Athletic accomplishments
- ___ i) Creativity
- ___ j) Being funny, comical or entertaining
- ___ h) Making money
- ___ k) Doing a good job or work ethic
- ___ l) Being kind, compassionate or loving
- ___ k) OTHER _____

Your Father figure:

- ___ a) Temper tantrum
- ___ b) People pleasing
- ___ c) Injury or getting sick
- ___ d) Withdrawing or hiding
- ___ e) Being obedient or complaint
- ___ f) Directly asking for attention
- ___ g) Scholastic success (or being smart)
- ___ h) Athletic accomplishments
- ___ i) Creativity
- ___ j) Being funny, comical or entertaining
- ___ h) Making money
- ___ k) Doing a good job or work ethic
- ___ l) Being kind, compassionate or loving
- ___ k) OTHER _____

5. Please rank in order (1-6) what manner, method or expression of a specific "love language" that was most common in your home as a child by your mother and father figure.

Your Mother Figure:

- ___ a) Receiving of material gifts
- ___ b) Quality time with parents
- ___ c) Words of affirmation and devotion
- ___ d) Acts of service (doing stuff for you)
- ___ e) Physical connection and attention
- ___ f) OTHER _____

Your Father Figure:

- ___ a) Receiving of material gifts
- ___ b) Quality time with parents
- ___ c) Words of affirmation and devotion
- ___ d) Acts of service (doing stuff for you)
- ___ e) Physical connection and attention
- ___ f) OTHER _____

6. To the best of your ability, rank the TOP 7 options in order (to only those that apply) that best describes the experience of what you most often felt, growing up as a child in your family household:

Your Mother Figure:

- ___ a) Seen
- ___ b) Heard
- ___ c) Understood
- ___ d) Cherished
- ___ e) Wanted
- ___ f) Adored
- ___ g) Possessed or owned
- ___ h) Guilted
- ___ i) Dominated
- ___ i) Celebrated
- ___ j) Attacked
- ___ k) Manipulated
- ___ l) Ignored
- ___ m) Acknowledged
- ___ n) Espoused (treated like a surrogate spouse)
- ___ o) Sexualized
- ___ p) Shamed
- ___ q) OTHER _____

Your Father Figure:

- ___ a) Seen
- ___ b) Heard
- ___ c) Understood
- ___ d) Cherished
- ___ e) Wanted
- ___ f) Adored
- ___ g) Possessed or owned
- ___ h) Guilted
- ___ i) Dominated
- ___ i) Celebrated
- ___ j) Attacked
- ___ k) Manipulated
- ___ l) Ignored
- ___ m) Acknowledged
- ___ n) Espoused (treated like a surrogate spouse)
- ___ o) Sexualized
- ___ p) Shamed
- ___ q) OTHER _____

7. Please rank the TOP 7 options in order (to only those that apply) : Who did you feel closest to as a child?

- ___ a) Mother
- ___ b) Father
- ___ c) Grandparent (Name) _____
- ___ d) The natural world (explain) _____
- ___ e) Sibling(s) (Name) _____
- ___ f) Friend(s) (Name) _____
- ___ g) Extended Family Member (e.g. cousin, aunt, uncle...) _____
- ___ h) God/ Consciousness / Spirit Guide (Describe) _____
- ___ i) Family pet (Describe) _____
- ___ j) Imaginary Friend (Describe) _____
- ___ k) OTHER (explain) _____

- 8. What were the predominant belief systems in your home growing up that left a lasting impression on you? Please explain:**
- 9. Are you still in contact with your parents or family members today? Explain the nature of your present day relationship.**
- 10. Were there any noteworthy, monumental, tragic, disturbing or reoccurring events or circumstances that impacted you as a child that you can remember? Please describe.**

YOUR INNER CHILD STORY

1. *How you were most likely to get attention as a child from your Mother and Father Figure? (TOP 5)*

- MOTHER: A)
B)
C)
D)
E)

- FATHER: A)
B)
C)
D)
E)

2. *What manner method or expression of a specific "love language" that was most common in your home.*

- MOTHER: A)
B)
C)
D)
E)
F)

- FATHER: A)
B)
C)
D)
E)
F)

3. *What best describes the experience of what you most often felt, growing up as a child in your family household. (TOP 5)*

- A)
B)
C)
D)
E)

4. *Who did you feel closest to as a child? (TOP 5)*

- A)
B)
C)
D)
E)

Contractive Behavior of The WOUNDED INNER CHILD



NEEDY CHILD: Feels a desperate and almost compulsive need to have the wound or pain validated which quickly turns into a behavior of “neediness” and attention seeking. There is often a feeling of sucking and clinging onto any sense of attention that is given. With a constant need to have their wounds and suffering acknowledged by others believing that healing and wholeness will come from an outside event, person or experience. They feel born broken and lacking wholeness. They often spend their lives compensating by either becoming highly successful or creating a life story that keeps them victimized to someone else or something else, hoping others will see and acknowledge or feel sorry for them. Their view of reality is completely filtered by the perspective of “living in the wound.” **Exhibit behaviors such as: gluttony, desperate, compulsive, longing, broken, victimized, needy and clingy**

MISUNDERSTOOD CHILD: Feels like it experiences life more deeply and intensely than others, taking things personally by internalizing situations and relationships, has a deep need to feel understood yet believes that no one will ever understand them. Drawn to the need to understand and identify with others pain. Sometimes this need to be understood is so strong that they will resort to self-inflicted wounds. Self-cutting and other forms of self-injury are examples of ways to release the intense emotions and frustrations as well as providing evidence and tangible proof of their suffering. This evidence of their suffering is an acceptable way to get validation from others and to evoke sympathy and support. **Exhibit behaviors such as: emotionally raw and wounded, vulnerable, wallowing, self-pity, self-isolation, anger, stoicism, over-emotional, irrational, resentful**

LOST CHILD: Feels alone, unseen, disassociated and possibly unworthy to open ask or receive love and therefore has retreated from life often due to an intense unexpressed or processed trauma and the heaviness of that memory. This withdrawn or depressed state is an acceptable way of getting attention through being passive and somewhat distant from any experience. They crave an acknowledgment of value, nurturing, pity through the mysterious, secretive and aloof nature but often will not accept it when it arrives supporting the lost and alone feeling. **Exhibit behaviors such as: Self-isolation, distant, unworthy, loneliness, unseen, aloof, secretive, quiet, unacknowledged and withdrawn**

FROZEN CHILD: Feels hopeless, incapable, unresponsive, rejected and often unwilling to engage and often thrives in the story of its hopelessness of not knowing “how to” function. This keeps this aspect enslaved in the story that something is wrong with me. There is often a deep seated fear of “getting it wrong” and feeling stuck with the inability to choose or make a decision desperately hoping that someone else will nurture and take care of them because they believe they are ultimately damaged and unable. This supports the insecurity and dependency and absolves them from any responsibility. **Exhibit behaviors such as: Stuck, insecure, frozen, shame, unmovable, indecisive, terrified, hopelessness, uncreative, inadequate and incapable**

OVER-INDULGED CHILD: Feels entitled, ungrateful, demanding and is completely unabashed by the notion of having every desire indulged and feeling resentful and vengeful if it is not delivered. This experience of being “spoiled” grows from a lack of true boundaries, structure and support in the upbringing. This over-indulgence creates a desperate and compulsive need to have attention, support and boundaries expressed through feeding and manipulating outer desires and acknowledgement. But underneath, there is a feeling of deep insecurity, lack of nurturing, emptiness and unfulfilled attention with a sense of emotional impoverishment. **Exhibit behaviors such as: resentful, unappreciative, entitlement, spoiled, demanding, unfulfilled, anger, resentment, manipulation, unsupported, alone and abandoned**

OVER-DRAMATIC CHILD: Feels the desperate need to act out in order to get attention. This is the saboteur nature of consciousness that creates temper tantrums, illness, accidents, drama, rebellions and wanting to be rescued from danger to be seen and acknowledged since there is a feeling of brokenness and lack of validation. Creating this excessive outer trauma and suffering fortifies the identification to an internal sense of being wrong and deserving pain. This outward drama is often an expression of the longing that the depth of the wound be noticed, nurtured and validated. **Exhibit behaviors such as: unnoticed, wrong, unloved, lack of receiving, acting out, loss, suffering, attention-seeking, rebellious, center of attention and sabotage**

The Wounded Inner Child

Among the many fragmented and interactive aspects of the EGO Matrix and identity, the **Wounded Inner Child** remains one the most important and influential within your consciousness because it offers so much potential for powerful healing transformation and integration. The **Wounded Inner Child** or the shadow side of the Healthy Inner Child, often represents all the conscious and unconscious, unresolved, unexpressed and internalized, undesired childhood experiences, behaviors, emotions and relationships that were programmed by the outer environment that often created some form of internal conflict within the child.

Much of this primary conditioning was compartmentalized and held within this fragmented aspect of self as a survival mechanism because what was being presented in the outer world was often too overwhelming, unharmonious, confusing, painful and misunderstood by the less complicated and innocent psychology of the child that originally projected complete trust, acceptance and identification with its outer world so it was repressed into this unwanted and undesired fragment that functions in the shadow of the consciousness to get attention.

All of these outer influences inadvertently help form the principal programming and examples of known, appropriate and accepted behavior that would then be explored in the world as the child evolved. These behavioral models were illustrated by the immediate environment: Parents, siblings, extended family and close family friends. The child was programmed with its core issues and conditioning through each family member by the example of their:

1. Conscious and unconscious internal relationships to all aspects of their personal Universe,
2. External interactions and behavior within the family tribe, culture and greater society,
3. And finally, the child's unique internal interpretation, reaction and identification to these examples.

This behavior would then become the habitual, familiar, comfortable and known practices that we would continue to utilize to explore, experience and express all of our fundamental internal and external relationships to the world and in ourselves.

This fragmented **Wounded Inner Child** aspect of self will continue to perform its duty as the "safe keeper" of these issues, play its role in maintaining the larger interactive EGO matrix identity, and therefore unconsciously continue to project these patterns of behavior internally and externally in the outside world until there is some sort of "resolution" of these undesired, rogue patterns.

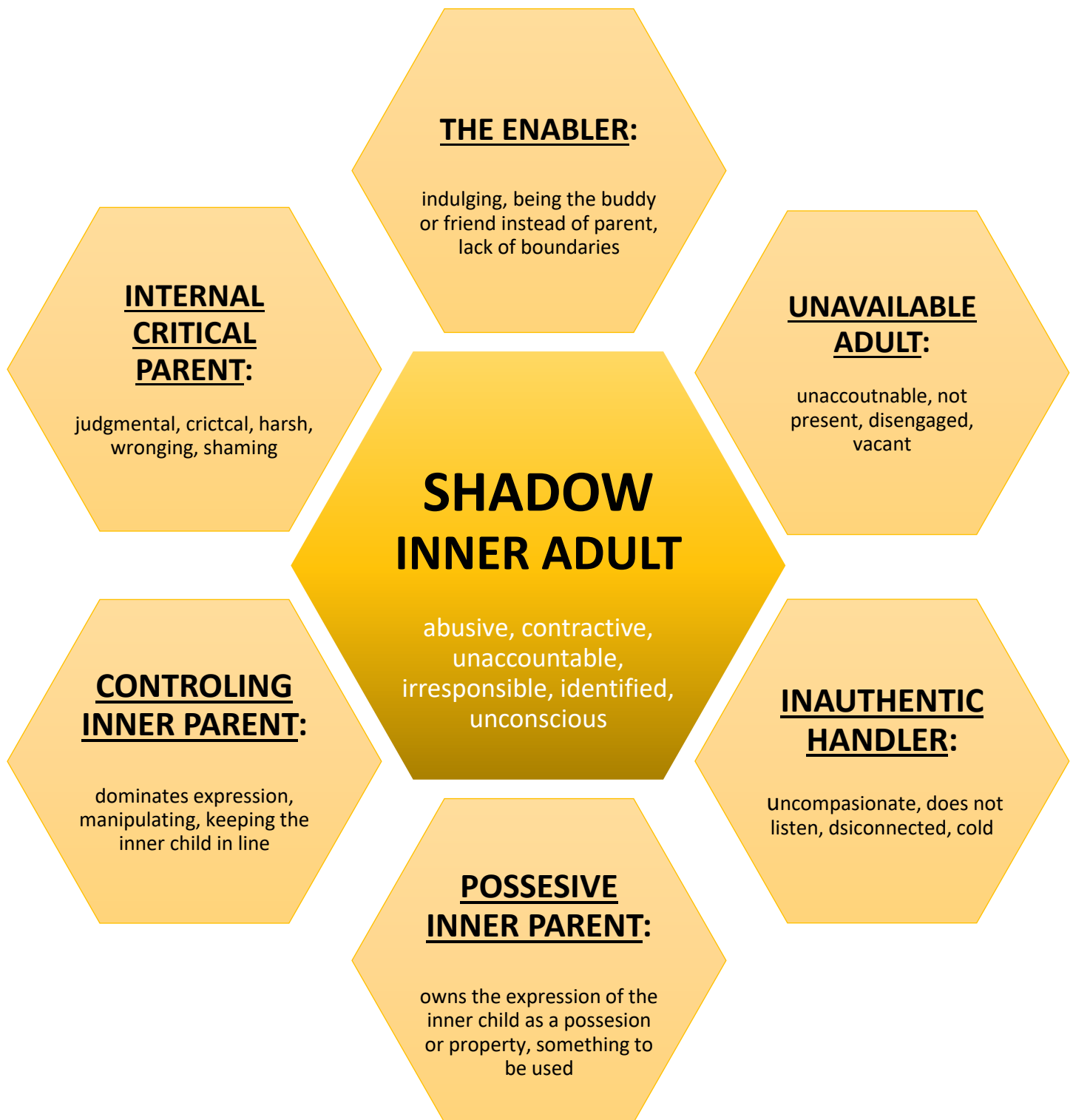
Common Behavioral Traits of the Wounded Inner Child

The **Wounded Inner Child** has many different facets, survival behaviors and traits depending on the circumstances of its conditioning. Each person will utilize different behaviors based on what works to get the attention and validation that it needs. Consider all the unhealthy, contractive, often manipulative, yet highly effective "childish" survival techniques and behaviors that you acquired and practiced that allowed you to explore, express and receive the attention and what you knew as LOVE from your environment.

Many of those practices still function quietly and unconsciously within your EGO Matrix will definitely play themselves out in your inner and outer relationships if left unexamined. Identifying your Wounded Inner Child's language and story can help you to more deeply understand how you can work with this aspect of yourself. Though there can be many, there are usually one or two that are most acted out in your inner and outer relationships.

**Can you identify the behaviors that are most often expressed
as your WOUNDED INNER CHILD Story?**

Contractive Behavior of The SHADOW INNER ADULT



Contractive Behavior of The SHADOW INNER ADULT

INTERNAL CRITICAL PARENT Expresses intense criticism, judgment toward the inner child. Wronging, shaming and blaming the child for its imperfections and inability to achieve its potential. This form of abusive dialogue fortifies the cycle of never feeling good enough. This does not allow space for free, unfiltered expression in the Inner child without some sort of damning from the Shadow Inner parent which ultimately sees the inner Child as useless and wrong. **Exhibit behaviors such as: judgment, criticism, shaming, blame, damning, wronging, belittling, denigration, disparagement, putting down, minimizing, dishonors, devaluing**

THE ENABLER This form of abuse take place when the Shadow Inner parent is a disempowered co-conspirator, ally and supporter to all the behavior of inner child without discernment. This friendship is created with the inner child at the expense of healthy parenting or clear role models. There is no accountability with no boundaries that enables the wounded inner child to run amok without consequences. This behavior not only allows, but also fuels, supports and enables this lack of accountability and inner child indulgence, often keeping unhealthy relationships alive. **Exhibit behaviors such as: co-conspirator, minimal boundaries, indulger, entitles, permissive, enabler, inflate, over-elevates, excessive or unhealthy endorsement, permit, concede, allowance, ignore, prideful, worship**

CONTROLLING INNER PARENT Manipulates the inner child through domination by mitigating, filtering and governing all facets of its expression. There is an unconscious fear of the potential and creative power of the Inner child that may create the inability of the Controlling Inner Parent to adequately manage this energy in the inner and outer worlds, so therefore it needs to be tamed and subdued into a comfortable level of expression in a position where it can be managed by the Shadow Inner Parent. **Exhibit behaviors such as: manipulation, domination, control, manager, mitigating, filtering, over-power, command, exploit, govern, influence**

THE INAUTHENTIC HANDLER This uncompassionate, disconnected, uninterested shadow parent merely “handles” the inner child without connection to its emotional needs or real caring. There is a lack of integrity where the inner parent is deluded into believing that it is fully present or available, but in reality is not truly connected, interested or willing or engaged with the child. It justifies its actions by demonstrating the superficial means in which it inauthentically handles the inner child, but there is often no depth or true caring because of lack of desire or ability. **Exhibit behaviors such as: uncompassionate, inauthentic, superficial, deceitful, disengaged, vanity, disconnected, fake, hypocritical, deceptive, phony, disingenuous, feigned, two-faced, untrustworthy**

UNAVAILABLE ADULT In this form of abusive behavior, the Shadow Inner parent is completely irresponsible, disengaged, unaccountable and vacant in any role with any aspect of the Inner child. This “checked out” space allows for the Shadow Adult to remain unavailable and clueless to the Inner child’s actions that may be occurring and therefore unaccountable for any consequences. This is complete denial of any sense of responsibility. **Exhibit behaviors such as: irresponsible, untrustworthy, negligent, unreliable, undependable, immature, careless, thoughtlessness, checked out, unaccountable**

POSSESSIVE INNER PARENT In this form of abusive behavior, the Shadow Inner parent takes complete ownership of the inner child treating it as a form of possession that can be leveraged for its desires. It does not acknowledge the inner child’s sentient experience and claims it as an extension of the Shadow parent often at the expense of the Inner child’s experience. This possession and ownership is harmful to the child’s sense of freedom as its expression will be used as a trophy to satisfy the Shadow Inner adult. **Exhibit behaviors such as: possessiveness, ownership, ruling, demands obedience, guilt, lives vicariously through, expectation, inflation, expectation, supposition, unrealistic, sexualizes, surrogates, acquires, objectifies, identification, attached, lack of boundaries**

The Shadow Inner Adult

The **Shadow Inner Adult** is the “shadowed,” dark or unconscious side of the Inner Mature Adult that has been unconsciously conditioned within you to not only hold but also act out the contractive behavior and roles of the adults that you were indoctrinated with from your outer sphere during your childhood. Each of us internalize our contractive role models of parents, authority figures and loved ones within us in different ways and carry out those same unconscious behaviors first, in our internal relationship to our Wounded Inner Child as well as in all our external relationships, if we are aware of it or not.

An unowned, disempowered or contractive **Shadow Inner Adult** unconsciously determines the relationship with your Wounded Inner Child and how you relate to the world around you. We parent ourselves the way we were parented until we reclaim, own and empower the Mature Inner Adult. Until then, the unconscious, Shadow Inner Adult plays out its conditioned immature behavior in various forms of abuse.

**All the below examples of contractive behaviors
are just different flavors and aspects of unconscious ABUSE!**

We do not often acknowledge or even realize the abusive power of this contractive side of the Shadow Inner Adult because the behavior is too familiar and recognizable from years and years of deep and continued conditioning, and therefore it seems reasonable and comfortable to the EGO personality. But if you more deeply examine the nature of these behaviors you will realize that just because they feel normal and even traditional as they are passed down the family line, it does not mean they are expansive or that they are empowering your inner and outer relationships.

In fact, these are those “patterns” of behavior that seem to eventually show themselves when in your relationships that one cannot seem to move past. Why do I always create someone who is controlling? Why is every relationship with someone that is emotionally unavailable? I never feel nurtured? These immature behaviors are unexamined, unconscious and often unknown but still projected on our inner and outer relationships until we finally accept and resolve them within us.

Ironically, the **Shadow Inner Adult** is one of the most powerful fragments of the EGO, which is why they are kept hidden and unconscious. There is so much potential for profound growth and awareness in the exploration, acceptance and integration of these behaviors. The Shadow is often seen as bad or wrong, but it is really unevolved, unexplored and unconscious.

**Can you identify the abusive “Shadow”
behaviors of the unconscious Adult?**

Your CONTRACTIVE Inner Relationship Story

These unconscious behaviors play out within us, and we often seek out relationships in the outer world that somehow play into these roles. Knowing your internal behavior can help you identify why you unconsciously choose particular relationships that feed the patterns and gives you the basis to become more aware.

The unconscious aspects of your **Wounded Inner Child** and **Shadow Inner Adult** influence every inner and outer relationship in your life. Rate and circle the top 3 choices in order (1 being most likely) for each of the behavioral traits that you identify with in each of these aspects of your being.

WOUNDED INNER CHILD

___ MISUNDERSTOOD CHILD

___ OVER-INDULGED CHILD

___ FROZEN CHILD

___ LOST CHILD

___ NEEDY CHILD

___ OVER-DRAMATIC CHILD

SHADOW INNER ADULT

___ INTERNAL CRITICAL PARENT

___ THE ENABLER

___ CONTROLLING INNER PARENT

___ THE INAUTHENTIC HANDLER

___ UNAVAILABLE PARENT

___ POSSESSIVE INNER PARENT

Tips to determine your UNCONCIOUS Contractive Inner Relationship story:

- If you cannot figure out your internal dynamics, then investigate your outer relationships.
- You will ALWAYS unconsciously and unknowingly project the contractive element of the child/adult dynamic into every single one of your relationships at some level as long as it is not owned in your internal world.
- Pay attention to the ROLES, behaviors and dynamics in your outer relationships: which aspect of the contractive and unconscious adult and child do you project onto others and what you play out. It's a dance. They feed each other.
- The re-occurring behaviors that show up in your different relationships are huge clues and invitations from the outer world to help you see the unowned behaviors inside of you.

My Contractive Inner and outer Relationship Story

1) **In my relationship with:** _____

When I played out the Wounded Inner Child behavior of:

he/she played out the Shadow Inner Adult behavior of:

When I played out the Shadow Inner Adult behavior of:

he/she played out the Wounded Inner Child behavior of:

2) **In my relationship with:** _____

When I played out the Wounded Inner Child behavior of:

he/she played out the Shadow Inner Adult behavior of:

When I played out the Shadow Inner Adult behavior of:

he/she played out the Wounded Inner Child behavior of:

3) **In my relationship with:** _____

When I played out the Wounded Inner Child behavior of:

he/she played out the Shadow Inner Adult behavior of:

When I played out the Shadow Inner Adult behavior of:

he/she played out the Wounded Inner Child behavior of:

4) **In my relationship with:** _____

When I played out the Wounded Inner Child behavior of:

he/she played out the Shadow Inner Adult behavior of:

When I played out the Shadow Inner Adult behavior of:

he/she played out the Wounded Inner Child behavior of:

5) **In my relationship with:** _____

When I played out the Wounded Inner Child behavior of:

he/she played out the Shadow Inner Adult behavior of:

When I played out the Shadow Inner Adult behavior of:

he/she played out the Wounded Inner Child behavior of:

6) **In my relationship with:** _____

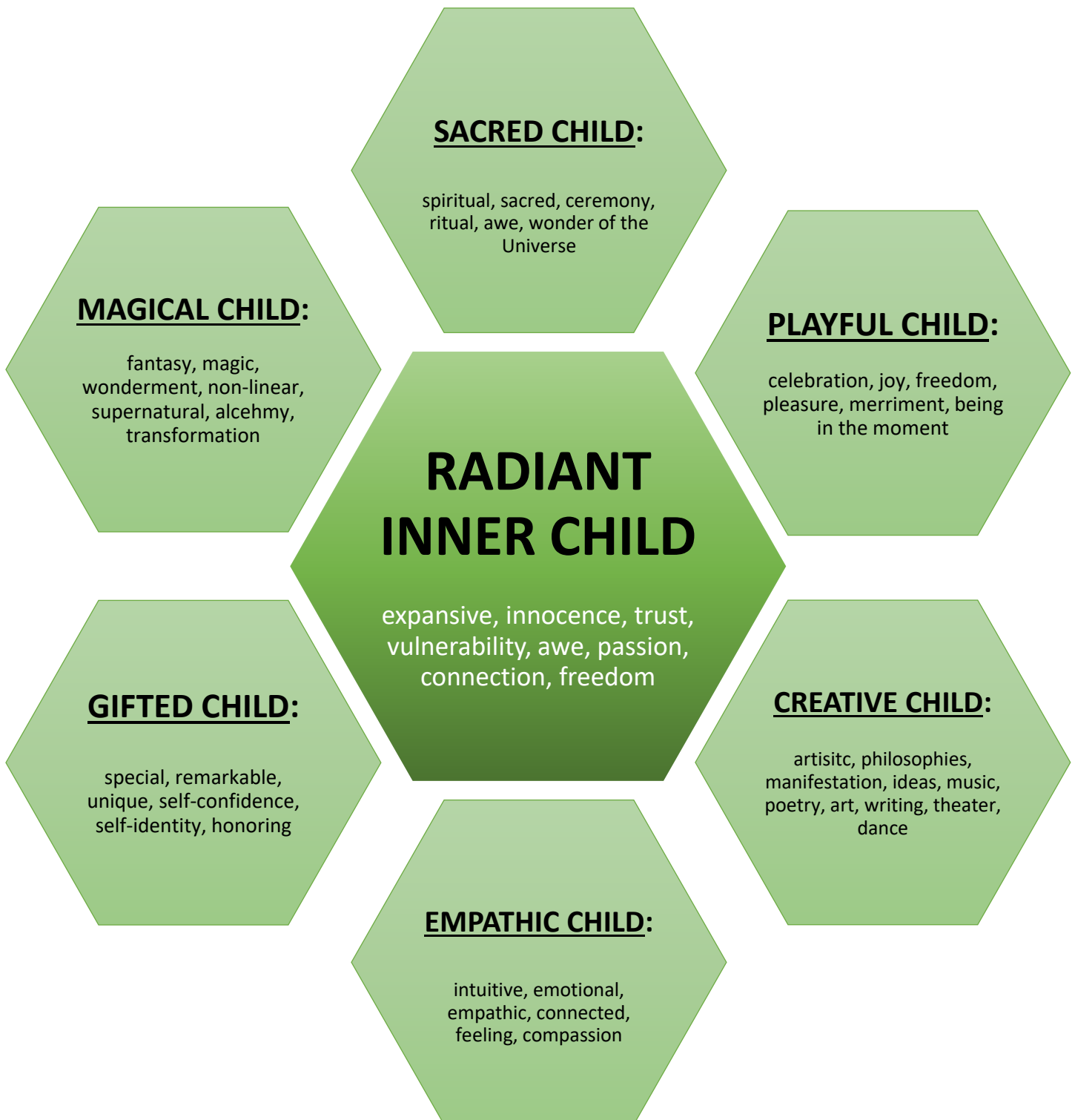
When I played out the Wounded Inner Child behavior of:

he/she played out the Shadow Inner Adult behavior of:

When I played out the Shadow Inner Adult behavior of:

he/she played out the Wounded Inner Child behavior of:

Expansive Behavior of the RADIANT INNER CHILD



The Qualities and Behavior of the RADIANT INNER CHILD

MAGICAL CHILD This aspect of the Inner child is deeply attuned to the realm of the imagination where unfathomable visions of fantasy, non-linear magic and make-believe exist as living possibilities. Honoring these dreamy, magical realms, characters and the supernatural scenarios that are expressed allows for the expression and energy of the inner alchemist to conjure, create and explore. But often in our fact-based, linear reality, this aspect is often dismissed, undervalued and shunned in exchange for the pragmatic world without the wonder of magic. **Exhibit behaviors such as: fantasy, magical, make-believe, dreamy, supernatural, visionary, imaginary, transformative,**

GIFTED CHILD This aspect of the Inner child honors the remarkable, unique and special gift of expression that every child possesses. Attempting to standardize, minimize or [trivialize](#) the unique character of the gifted child condemns this aspect of consciousness into the grey zone of the mundane diminishing confidence, self-value and the ability to honor and express those unique gifts of consciousness. It is deeply important that your inner child is adored as beloved and special. **Exhibit behaviors such as: special, remarkable, gifted, virtuoso, talented, extraordinary, unique, above-average, avant-garde, incredible, advanced, unusual**

SACRED CHILD This aspect of the Inner child is attuned to all the awe and wonder of the holy, sacred and spiritual. For this aspect of consciousness, the power and presence of ritual, ceremony and sacred rite is essential. This secular world does not honor the energy of sacred ritual as a part of our ever day world and this aspect of the Child craves this honoring of spirit which creates a physical and symbolic experience that makes space for Spirit to thrive. **Exhibit behaviors such as: sacred, holy, mystical, ritual, ceremony, spiritual, wonder, awed, symbolic, reverence, respect, connection, devotional**

CREATIVE CHILD This aspect of the Inner child celebrates the artistic or creative nature as a means to connect to the inherent quality of creator that emerges from the essential Self. This one is passionate to explore and express the beauty and power of the Arts: philosophies, ideas, music, poetry, art, writing, theater, or dance. It awakens the ability for the being to explore the essence of creative manifestation and allows for the realization that we are all creators of our reality. A creative child is alive. **Exhibit behaviors such as: creativity, visionary, artistry, innovative, catalytic, imaginative, thoughtful, abstract, non-linear, right-brained, original, experimental, ingenious, pioneering**

EMPATHIC CHILD This inner aspect is the profound emotional, empathic and intuitive nature that connects each of us to the experience of feeling creating the inner path into the heart and soul of consciousness. It is a deeply human experience to connect, access and express true emotional empathy within us as well as in the outer world. This affects decisions, compassion for the Universe and for ourselves. Dismissing, devaluing and condemning this quality as inconsequential belittles and disempowers the child's ability to connect to the deeper emotional nature of life. Feeling is healing. Denying is dying. **Exhibit behaviors such as: sensitive, empathic, compassionate, deep, feeling, understanding, intuitive, insightful, discerning, contemplative, caring, sympathetic, tender, warmhearted, open, trusting, forgiving**

PLAYFUL CHILD Expansive [amusement](#) and celebration of joy for the sake of celebration without a goal or agenda explores a powerful aspect of freedom. This aspect of the Inner child revels in the pleasure and merriment of life through celebrating the moment. It softens and relaxes the mind and opens a pathway to the joy of being. Play is the forum platform of the child that allows for creativity, magic, ritual and connection while reimagining the world from and often humorous and expansive space. It opens a place to explore for the love and beauty of the exploration and it awakens the sense of adventure within us and allows to laugh at the absurdity of life and not to take ourselves too seriously. **Exhibit behaviors such as: playful, celebration, joyful, merriment, free, exuberant, lighthearted, humorous, good-natured, impish, absurdity, comedy, mischievous, open, liberated, unleashed, experimental, radiant**

The Radiant Inner Child

What we are referring to as the **Radiant Inner Child** was first referenced in modern psychology by [Carl Jung](#) who is considered to be the originator of the concept in the [Divine Child archetype](#). [Emmet Fox](#) called it the "Wonder Child". [Charles Whitfield](#) dubbed it the "Child Within". The idea of the inner child broke into the mainstream primarily through Hugh Missildine, MD, "Your Inner Child of the Past" (1963). But in reality, this powerfully symbolic aspect of consciousness has been explored through sacred practices and ceremony in the ancient esoteric mystery schools across the globe since recorded history and has become even more poignant for the evolving consciousness of today.

The Wounded Inner Child is the unconscious, contractive or shadow side of the **Radiant Inner Child** that exists within us to express the Radiance of the Divine and experience of expansion like a blazing inner sun. On this side the dualistic plane exists the expansive nature of the Inner child which is comprised of many different aspects and qualities. For every contractive quality there are also expansive experiences and aspects to explore and empower.

As the "Childish becomes Child-like" you begin to open up the doors to accessing more of your own inherent Self within the Universe of You in your inner and outer realities. Even when a seeker reaches the point where they are now, consciously willing to explore their inner child relationship, it is often attempted without an effective plan, map or tools. Therefore, the investigation is often short-lived, superficial and does not expose the real gold in the consciousness. But as you sincerely investigate deeper you will discover the profound and subtle aspects of the Inner Child just waiting to be unveiled.

Knowing, honoring and empowering these behavioral qualities truly assists you to create more direct healing approaches to unravel the repressed pain of your contractive side and gives life to the radiant aspects of the **Radiant Inner child** that are longing to be honored and expressed in your life and consciousness. It is important to balance the work in the Wounded Inner Child with the honoring of the Radiant Inner child to create a truly "healthy" holistic and empowered relationship of balance.

["Let the little children come to Me, and do not hinder them!
For the kingdom of heaven" belongs to such as these."](#) (Matthew 19:14)

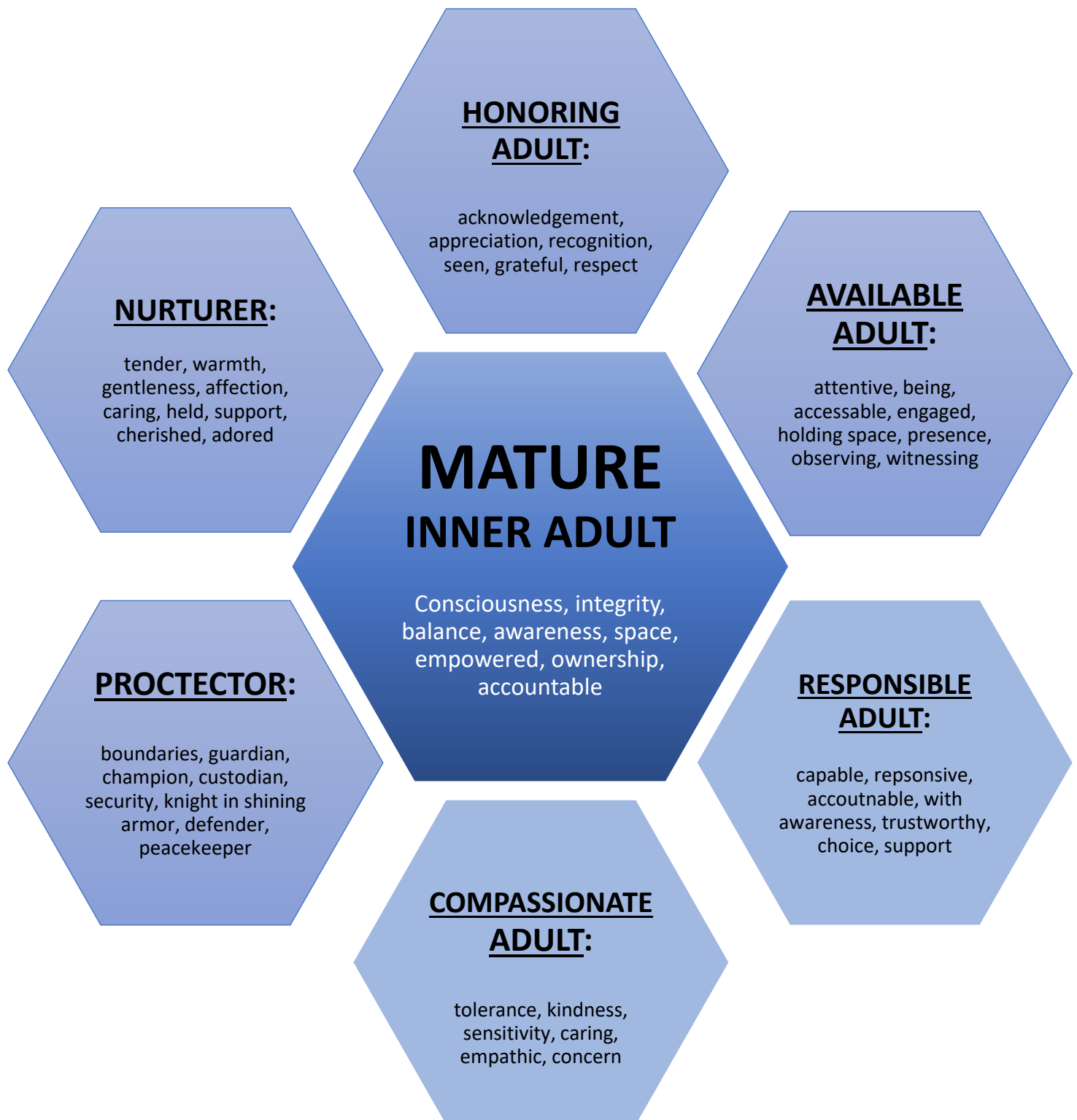
Some of the most simple and powerful expressions of the **Radiant Inner Child** are often dismissed as we become desensitized, jaded and cut off from the true child-like awe of the Universe: Innocence, Joy, trust, vulnerability, awe, passion, play, creativity, connection and empathy... But these qualities are the keys to the gateway of enlightenment within us all.

In the metaphoric, symbolic and archetypal journey of the Tarot, the first card of the 22 major Archana represents the unconscious, unrealized ignorance of the FOOL. This card represents the asleep and unconscious child nature within us that only has the possibility of awakening through initiations and lessons of the journey. Only through the multi-layered process of unraveling, Self-acknowledgment, acceptance, healing and integration on the spiritual journey can the true wisdom and realization be attained. This reclaimed innocence, awe and spiritual vulnerability that allows one to deeply connect one to their true nature is symbolically represented by the final card in the Tarot deck, often depicted as THE CHILD OF THE UNIVERSE or the UNIVERSE card symbolically recognizes the eternal journey of remembering fulfilled.

[What is your relationship to your Radiant Inner Child?](#)

[How do you express this relationship in your inner and outer worlds?](#)

Expansive Behavior of the MATURE INNER ADULT



The Expansive Behavior of the MATURE INNER ADULT

HONORING ADULT So many aspects of our experience and consciousness are completely dismissed, undervalued, unappreciated and therefore dishonored. This is the mature aspect of the Adult that has the ability to hold things sacred with genuine respect and appreciation. This sense of acknowledgment allows all aspects to be truly seen for what they are and made sacred and important by being held in an expansive space of gratitude, thanks, and true recognition. An attitude of gratitude is an act of complete acceptance allowing for expansive change and powerful transformation. **Exhibit behaviors such as: supportive, honoring, valuing, respect, acknowledgement, recognition, admiration, appreciation, uphold, dignity, acceptance, allowance**

AVAILABLE ADULT The accessible Mature Adult is emotionally connected, engaged and truly available when the child needs its attention and energy by “holding space” without controlling, manipulating or dominating. This is the aspect that is capable and present. This aspect of the Adult is a master of the art of observation and witnessing without interfering. Often it is more than enough just to be available or “being present” to encourage a healthy space that promotes more expansion and empowerment than the need to have to do or fix anything. Being available means you trust that your total energy is there if needed. **Exhibit behaviors such as: available, present, engaged, holding space, allowing, being, accessible, connected, attuned, aware, attentive, guidance, presence, approachable**

NURTURER This aspect of the Mature Adult knows how to encourage through expansion a tender, empowered and loving environment of warmth that promotes growth and fosters gentleness. The feminine energy of nurturing is that of the Universal Mother, the Earth and the provider that stimulates expansion by looking after, taking care of through support. This aspect not only fosters this caring space and attitude toward any situation but it also embodies the feeling of being loved, adored and cherished. It always boosts the energy to any space by promoting contribution. **Exhibit behaviors such as: tender, soothing, adoring, gentleness, warmth, nurturing, supportive, cherishing, uplifting, caring**

PROTECTOR This is the aspect of the Mature adult that is the universal defender, buffer, and protective guardian of the needs of the Inner Child creating the necessary sense of safety for the less equipped, meek or vulnerable aspects of the being. The guardian allows for the child to expand under the protective care of this custodian and peace keeper. Every child needs a champion and this aspect is the “knight in shining armor” that empowers that well-being and security through honorable action. This aspect creates and maintains the necessary boundaries which allows consciousness to expand **Exhibit behaviors such as: defender, buffer, protective guardian, custodian, peacekeeper, knight, security, boundaries, contains, champion, empowering**

COMPASSIONATE ADULT This aspect of the mature and conscious Adult approaches each engagement with a sense of tolerance, kindness and sensitivity. This deeply empathic understanding is what allows the child to feel loved, heard and ultimately safe. This is empowered through the depth of experience on the path and a sincere sense of caring for the humanity of the situation with an approach of genuine concern, tenderness and care. Compassion opens the heart and allows vulnerability and connection. **Exhibit behaviors such as: empathic, kindness, sensitivity, concern, compassion, vulnerable, tolerance, sincerity, depth, sincere, approachable, open, warm**

RESPONSIBLE ADULT This expansive aspect of the Mature adult is not about the idea of obligation fueled by guilt but rather it sees true responsibility as privilege that allows the ability to “respond” with awareness, expansion, consciousness and love towards Self and others without compromising. This aspect approaches every situation without “reacting” but instead it is empowered by the space of consciousness to own the right and ability to choose with awareness. This aspect is trustworthy, accountable for its actions and capable of taking care of business and handling situations and circumstances with attention. **Exhibit behaviors such as: mature, responding, trustworthy, dependable, accountable, present, attentive, capable, sensible, discerning, competent, integrity, an example, moral**

The Mature Inner Adult

Chronological age alone does not determine maturity but the development of consciousness on the other hand, does. The **Mature Inner adult** is the expansive and conscious expression of the unconscious and contractive Shadow Inner Adult. This aspect of consciousness only evolves with practice, cultivation and refinement.

It is this mature nature that allows one to have truly connected, expansive and engaging inner and outer relationships allowing the Wounded Inner child space and support to grow and evolve. Without these qualities it is impossible to realize true balance or to create truly “healthy” expansive inner and outer relationships.

In a mostly unaware and childish society that lives rampant in the unconsciousness of the Wounded Inner Child and the Shadow Inner Adult, real “maturity” is becoming a rare and much needed commodity in relationships. The mere concept of the pop culture phrase “Adulthood” demonstrates how deeply the majority of the culture lives from the space of the Wounded Inner Child which is resentful to have to behave as a mature, connected, conscious, emotionally aware and empowered adult.

Where do you need more refinement in your Mature Inner and Outer Adult behavior?

Some examples of practicing Mature Inner Adult Behavior:

- Cultivates reasonable agreements with Self and others
- Creates, respects and upholds reasonable boundaries with Self and others
- Does not think in absolutes
- Will willingly forego short-term gratification for the more expansive long-term goals
- Makes reasonable and proportional responses to situations
- Confronts issues with willingness to compromise while standing principles
- Willingly changes behavior when strategy is not effective and needs reworking
- Can put aside personal feelings or preference for the greater good
- Can genuinely apologize (apology means compassion and remorse for the other and not pity for yourself for your mistake)
- Makes reasonable and proportionate amends due to their actions
- Sense of humor about themselves and their own drama
- Empathetic, sensitive and emotionally conscious
- Is willing to change when new information is revealed
- Based in the “data” of issues and in not unreal, conditioned personal internal dialogues
- Upholds personal character and integrity (words match behavior)
- Accountable for actions and behavior

Your EXPANSIVE Inner Relationship Story

There is a wealth of unrealized and unowned expansive behaviors within us. If unexplored and therefore unexpressed in ourselves, we will unconsciously seek out in some way shape or form in our relationships in the outer world. This will be the only way we have to create a forum to somehow explore these roles. Knowing these aspects within can help you identify why unconsciously you choose particular relationships that feed the patterns.

The expansive aspects of your **Radiant Inner Child** and **Mature Inner Adult** influence every inner and outer relationship in your life. Rate and circle the top 3 choices in order (1 being most likely) for each of the behavioral traits that you identify within each of these aspects of your being. Where do you most connect to each?

RADIANT INNER CHILD

_____ MAGICAL CHILD

_____ SACRED CHILD

_____ PLAYFUL CHILD

_____ CREATIVE CHILD

_____ GIFTED CHILD

_____ EMPATHIC CHILD

MATURE INNER ADULT

_____ HONORING ADULT

_____ THE NURTURER

_____ PROTECTOR

_____ COMPASSIONATE ADULT

_____ AVAILABLE ADULT

_____ RESPONSIBLE ADULT

Tips to determine your Unowned Expansive Inner Relationship story:

- You may consciously and actively look for these unfulfilled qualities in your outer relationships. The problem with that is until they are owned in your inner world, you will continue to play them out in your outer world. This does not empower them in your inner world and therefore you always “need” them on the outside.
- You will be attracted to people in your outer world who have the unacknowledged expansive qualities with you.
- You will attract in the outer world what you have realized in the inner world, but you will not need it and therefore you will more deeply appreciate it.
- Are you willing to play a certain role and behavior for another in your outer relationships that you are unwilling or unable to play out for yourself in your inner relationships?

Your Expansive Inner and outer Relationship Story

5) **In my relationship with:** _____

I am most attracted to the Radiant Child behavior pattern of:

I am also most attracted to the Mature Inner Adult behavior of:

6) **In my relationship with:** _____

I am most attracted to the Radiant Child behavior pattern of:

I am also most attracted to the Mature Inner Adult behavior of:

7) **In my relationship with:** _____

I am most attracted to the Radiant Child behavior pattern of:

I am also most attracted to the Mature Inner Adult behavior of:

8) **In my relationship with:** _____

I am most attracted to the Radiant Child behavior pattern of:

I am also most attracted to the Mature Inner Adult behavior of:

9) **In my relationship with:** _____

I am most attracted to the Radiant Child behavior pattern of:

I am also most attracted to the Mature Inner Adult behavior of:
