

HEALTHY INNER DIALOGUE!

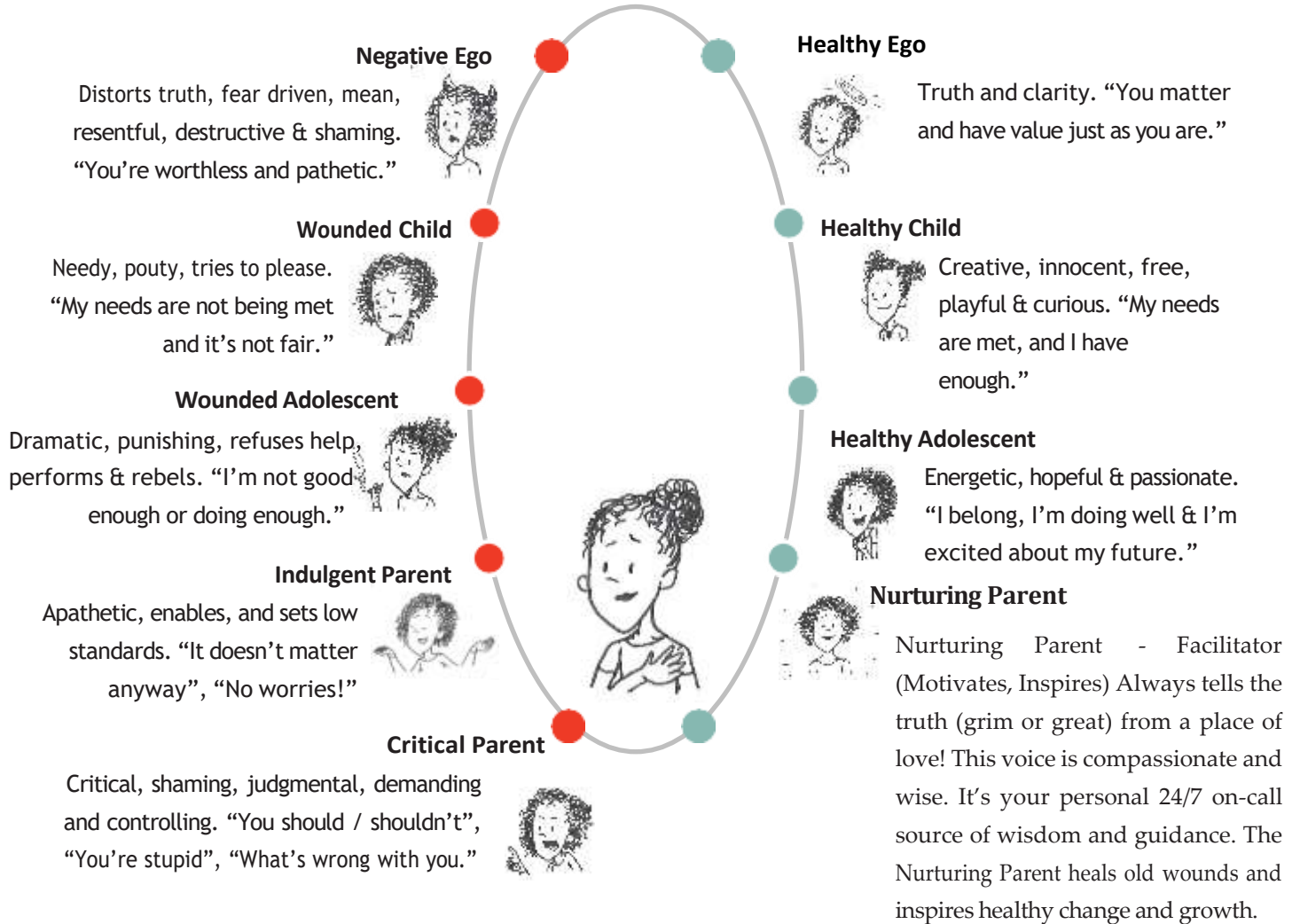
UNCONSCIOUS ADULT

Sees with distortion and reacts poorly.



CONSCIOUS ADULT*

Sees the truth and responds wisely.



SKILL BUILDING

Conference Technique

Turn up the volume and listen to your inner voices. Each of their stories offer valuable insight, even if distorted and misguided! Your Nurturing Parent will help you process your thoughts and emotions and guide you to become your most conscious adult self. The goal is to have your conscious adult in the driver's seat of your life!

* Conscious Adulthood

Your healthy, wise, responsible, and joyous adult is the synergy of the natural essence of your Healthy Child and Adolescent, with their curious, positive, and engaged energy, and your Positive Ego, Future Self and Nurturing Parent with their clarity, wisdom & guidance.