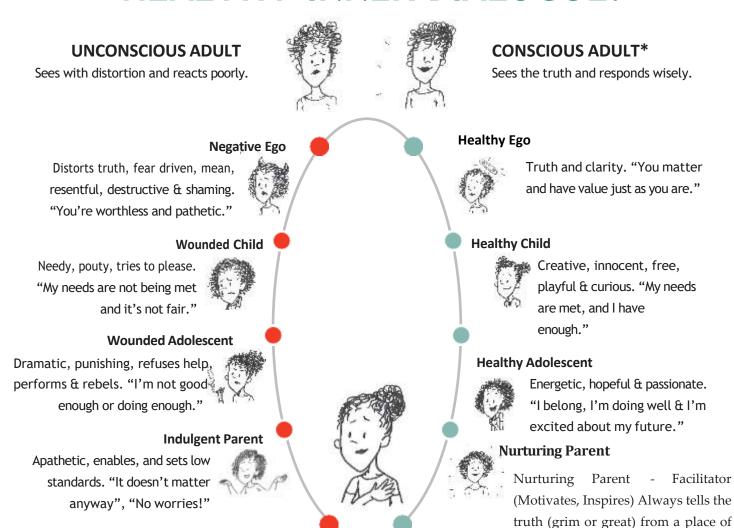
HEALTHY INNER DIALOGUE!



Critical, shaming, judgmental, demanding and controlling. "You should / shouldn't", "You're stupid", "What's wrong with you."



Critical Parent

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.

love! This voice is compassionate and

wise. It's your personal 24/7 on-call

source of wisdom and guidance. The

Nurturing Parent heals old wounds and inspires healthy change and growth.