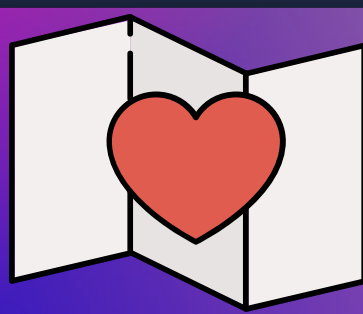


A Complete Guide to Reparenting Yourself

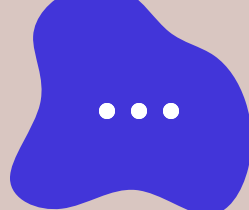


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What is Reparenting?

Reparenting is the act of giving yourself what you didn't receive as a child. By reparenting ourselves we learn powerful skills and how to make choices in our own best interest.



Why reparenting?

Many of us were raised in homes with parents who couldn't meet our emotional needs. This creates situations where we: struggle in relationships, self-betray, or feel shame. Reparenting helps us understand ourselves and others better and improves our relationships.



My needs matter

The first step in reparenting is understanding our own needs. Many of us have been taught to abandon our needs, or to take care of a parent-figures needs before our own. By understanding our own needs we can find healthy ways to meet them.



"To understand our needs, we have to understand what we feel."

Reparenting Emotional Check-in:

- ___ I feel tired
- ___ I feel hungry
- ___ I feel like I want to connect with someone
- ___ I feel like I want someone to listen to me
- ___ I feel numb or bored
- ___ I feel uninspired
- ___ I feel energetic
- ___ I feel joyful
- ___ I feel like I need space
- ___ I feel like I want time alone
- ___ I feel angry
- ___ I feel overwhelmed

Reparenting Acts of Self Care:

practice one self care act day for 30 days



Once we understand our needs, we can meet them through acts of self care. Self care regulates our nervous system, and creates emotional health. Different needs will require different acts of self care.

Reparenting Self Care Menu:

- ___ I can rest or take a nap
- ___ I can make myself a meal or have a snack
- ___ I can call someone I care about
- ___ I can ask someone to listen while I vent
- ___ I can take a quick walk around the block
- ___ I can create (draw, write, paint, journal)
- ___ I can dance or exercise
- ___ I can do something fun and silly
- ___ I can ask for the space I need
- ___ I can set a boundary
- ___ I can stand up for myself
- ___ I can ask for and take a break

My Inner Child



We each have an inner child, or the child-like part of ourselves. Our inner child carries all the subconscious memories of our past as well as our true, spontaneous, joyful nature.

Our Inner Child Has 5 Core Needs:



- to be seen
- to be heard
- to belong
- to feel safe
- to authentically self express

Affirmations: Reparenting For Our Inner Child



Find a safe space where you feel comfortable. Spend just 3-5 minutes saying these affirmations to yourself every morning or before bed

Place your hand on your heart and say to yourself:

- "I am safe, now"
- "I promise to keep you safe"
- "You are worthy of love"
- "How you feel matters"
- "It wasn't your fault"
- "I will keep us protected"
- "Every day we are healing"

Practice: Find a photo of you at age 5 and put it in a place you'll see every day.



You're reparenting this younger version of yourself

Every time you look at the photo, remember that you're doing this for "little you". When you go to criticize or shame yourself, **remember that you're talking to that 5 year old.** This will help you be more kind and compassionate towards yourself.

Practice: Find Unstructured Time



Many of us are always going or keep ourselves running around with never-ending "to do" lists. As we reparent our inner child, we have to plan unstructured time to do things that bring us joy without any desired outcome.

Unstructured time Ideas:

- ___ Watch your favorite movie
- ___ Learn a new skill that excites you
- ___ Find a new hobby
- ___ Make something for fun
- ___ Come up with a new recipe
- ___ Go for a hike
- ___ Explore a new restaurant or part of town
- ___ Plant an herb or flower
- ___ Lay in the sun
- ___ Listen to music



Ideas for practice: you can print this out and use it as a check list. Practice these things for 30 days. Share your journey and tag us on social media. The more you practice reparenting, the more healing you'll discovery.

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NOTE: You are free to bring this guide into any setting and share it with anyone, in any way you choose. It can be used in therapy, in group settings, at work, or anywhere else. This information is created for sharing and is intended to be shared. May it be of healing benefit.