

How Do You Self-Parent?

Answer the following questions below or in your journal:

1. What self-soothing or self-punishing thoughts do you experience?

2. Do certain events trigger these responses?

3. What actions do you engage in in response to these thoughts?

4. Do you notice thoughts or behaviors that may be based on feeling emotionally hungry or pseudo-independent?

5. Think about where these self-parenting patterns may come from. Do they remind you of ways you acted or ways you were parented as a child?



6. What could you do differently to break these self-parenting behaviors?

