

SELF TALK

This technique enables you to identify two highly important dimensions of your personality – the Inner Child and the Adult. Having identified them you are then able to develop and regenerate them, and build a loving relationship between the two, through the Inner Dialogue that is Self Talk. The Child within you represents your past and all its influences, good and bad. It manifests as your reactions and emotions. The Adult is the thinking, rational expression of yourself. Nowadays, the interaction between the two tends to be mostly negative – for example, you feel low (Child) so you condemn yourself (Adult), this makes the Child feel worse, so more condemnation follows. This vicious circle persists year after year and, combined with the negative input of others, creates a bedrock of fear and mistrust that can blight one's life. This goes on unconsciously, like corrupted computer software that you have not yet detected, consistently messing up what you do and want to do. Self Talk not only debugs this program, but upgrades it into something that positively improves the quality of your life. A positively functioning Inner Child brings spontaneity, playfulness, creativity and a sense of wonder into one's life. A positive Adult makes for a more secure and effective personality. Each then serves, rather than disservices, the other.

Technique and Practice

- 1 Name your Inner Child and Adult. The Adult will usually have the name you go by in your normal outer life, as it is the Adult that deals with the outer world – astrologically, this is Saturn. The Inner Child – astrologically the Moon – usually has the name you were called as a child. If not, choose or make one up that has an endearing quality about it. In my own case, Lyn is my Adult and Lynny is my Inner Child. Adding 'y' or 'ie' to your Adult name, or abbreviating it, commonly does the trick. It will help a great deal if you have a picture of yourself as a child – keep it somewhere safe and near at hand.
- 2 Whenever you FEEL something that troubles you, this is your Inner Child trying to tell you something. This is when it needs SUPPORT from the Adult. Whenever you are BEING or DOING something negative, it is your Adult malfunctioning. This is because it needs APPRECIATION from your Inner Child. This can be a catch-22 situation, but as a rule it falls to the Adult to be RESPONSIBLE and make the first step to repair the relationship. In other words, the critical element here is exercising your will to get the Adult to support your Inner Child, and then eventually, when your Inner Child feels that the Adult cares, it will open up and show its appreciation. So, CARE = TRUST = APPRECIATION = CARE. This interaction is demonstrated and expanded on in the Example and Guide below. However, the overall theme that needs to persist is one where the Adult is, one way or another, always saying to the Child: 'I Recognize You; I Believe In You; I Accept You Just As You Are; I Support You; I Love You' – and where the Child is, one way or the other, always saying to the Adult: 'I Trust You; I Feel Secure With You; I Appreciate You; I Love You.' In effect, Self Talk helps re-parenting the Child in a positive manner, and making the parent or Adult stronger in the process.
- 3 Learn to relate to the Inner Child and Adult as real living beings within yourself. Always address them by name – especially the Child. As the Adult, imagine how you would relate in a positive manner to an actual child, particularly one that was your own. For instance, you wouldn't want to ignore him or her (a sign of the Negative Adult), especially when they need you for some reason, nor would you leave them unattended for too long. The terrible truth is that most people do not know, or have forgotten, that their Inner Child is there. During the course of the day, get into the habit of frequently acknowledging and chatting with your Inner Child. Give him or her a regular smile or wink. Feel the difference that this makes. If you feel silly doing this, then that is a sign that your Adult is denying your Child.
- 4 Use Self Talk whenever you are troubled or to sort out any problem – eventually you can use it for purely amusing or creative ends, as interactions with children often are. It helps to make a routine of it, so try to use it first thing when you wake up, and when you go to bed. Go to sleep embracing your Inner Child.

Example Inner Dialogue

One wakes up *feeling* insecure and anxious about being able to hack it through the day, let alone your whole life. This is the Inner Child – children usually wake up first, remember. In response to this the ‘negative’ Adult might just say ‘Tough – let’s just get on with it’, or instead might go back to sleep, or toss and turn fitfully and wind up getting out of the wrong side of bed. In all three of these possible reactions (of which there are many) the Adult has ignored or not recognized how the Child is feeling. In response to this the Child may sulk (giving rise to a ‘stiff upper lip’ from the Adult and a continuing negative mood throughout the day), escape into fantasy (going back to sleep), or feel angry and throw a tantrum (hence the tossing and turning and a subsequently bad day). However, with Self-Talk, it could go something like this:

- Adult** (in response to feeling of insecurity and anxiety) – ‘[child’s name], what’s troubling you?
I’m sure I can help, whatever it is.’
- Child** (tight-lipped) – ‘Don’t know. Frightened.’
- Adult** (concerned) – ‘What are you frightened of?’
- Child** (spontaneously) – ‘Having nowhere to live.’
- Adult** (genuinely a bit puzzled, but not making the Child feel silly – that would be fatal) –
‘How could that happen, [child’s name]?’
- Child** (after some time, which the Adult must always give) – ‘Not enough money.’
- Adult** (recognizing that money should not be the Child’s concern, but theirs) – ‘Don’t you worry your little head about that. You can trust me to see that we have enough money, one way or the other.’

This is a critical point in the Inner Dialogue where the Adult has to affirm to themselves that they can do what they are supposed to do – deal with the outer world, something which the Adult may have to work on ‘in their own time’. The significant factor here is that if the Child does not feel supported or reassured by the Adult, then its feelings of insecurity will leak through to the Adult, effectively sabotaging their ability to deal with the material world. If the Child believes that nothing can be done to relieve the situation, material or otherwise, then that belief is subconsciously passed on to the Adult. But when the Adult is *being* the Adult, it can be objective and do whatever is necessary to secure the situation, and in a manner that does not jeopardize the Child’s welfare (such as breaking the law).

- Child** – ‘Are you sure, [adult’s name]?’
- Adult** – ‘Of course I am sure [child’s name]. I care about you too much to let you down. Do you feel better now?’
- Child** – ‘Yes, thank you. I think you’re great.’
- Adult** (feeling touched and inspired by the Child’s trust and admiration) – ‘Thank you. I love you very much.’

The outcome of this Inner Dialogue is the obvious benefit of the Adult and the Child making each other feel better about themselves and the situation. It must be remembered that Rome was not built in a day. The Child will need constant reassurance and the Adult will need frequently reminding that they are the Adult, and that they are capable as such.

There are many different kinds of scenario. In all cases one must persist with the Inner Dialogue, really get into it like an actor getting into a part. Let it unfold and reveal its own story, and not give up because the Adult cannot be bothered or the Child does not respond or talk as readily as the impatient Adult would like. Such impatience can often be reflecting the Child’s desperation. As the relationship develops and strengthens, so will you.

A Guide to Self Talk

THE INNER CHILD		THE ADULT	
needs SUPPORT		needs APPRECIATION	
expresses itself through FEELINGS EMOTIONS THE RIGHT BRAIN THE UNCONSCIOUS MIND		expresses itself through THOUGHTS WORDS THE LEFT BRAIN THE CONSCIOUS MIND	
WHEN YOU ARE FEELING:		WHEN YOU ARE BEING:	
Appreciative Cheeky Creative Cute Dreamy Emotional Enthusiastic Free Fun loving Guileless Illogical Imaginative Innocent Instinctive Intuitive Open Passionate Playful Receptive Spontaneous Subjective Suggestible Truthful	Angry Anxious Embarrassed Frightened Frustrated Guilty Inadequate Inferior Insecure Jealous Lonely Moody Naive Negative Nervous Rejected Selfish Self-Pity Threatened Unsupported Vulnerable Weak Worthless	Active Articulate Assertive Compassionate Confident Decisive Direct Disciplined Firm Guiding In Charge Logical Objective Positive Rational Reasonable Reassuring Responsible Secure Strategic Strong Supportive Wise	Boring Clinical Cold Controlling Critical Destructive Dismissive Facetious Impatient Irresponsible Mean Needling Oppressive Punishing Repressive Resentful Rigid Sarcastic Scornful Suspicious Supercilious Uncaring Undermining
your POSITIVE CHILD is showing or telling you something	your NEGATIVE CHILD is in need of your Positive Adult	your POSITIVE ADULT is functioning well	your NEGATIVE ADULT needs appreciation from your Positive Child

Some Benefits of Self Talk

Positive Transformation	Self Love	Emotional Release
Problem Solving at Root	Left/Right Brain Integration	End to Inner Conflict
Increased Efficiency/Creativity	Spiritual Unfoldment	Healthy Family Life
Elimination of Addictiveness	Inner Stability	Positive Relationships

(Note: these lists are not comprehensive)

The Higher Self

In contemplating and contacting the Inner Child and Adult it should soon become apparent that there is a third 'entity' present within you. This entity is aware of the condition of both the Child and Adult, and is concerned with their welfare. This is your Higher Self and it is likely that at some

point it will be needed to arbitrate between the Child and Adult when they are 'not talking to each another'. The Higher Self is like a psychological diplomat; it also has connections to 'high places', that is, wisdom and higher intelligence. Simply by recognising when your Higher Self is present you can bring it into play to help and improve your interior situation, and then ultimately, the exterior situation. Your Higher Self is the part of you that has what is called Heart-Knowing.

Written Inner Dialogue

An effective and intriguing way of getting the Inner Child and Adult to communicate is to write the Adult's questions and remarks on the right-hand side of a page with your right hand, and the Inner Child's feelings and expressions on the left-hand side of the same page with your left hand. Reverse the sides and hands if you are left-handed. You will be amazed at what you find your Child writing – and don't try to make his or her writing that neat or legible; it is a child's writing after all.