

Sample Brief Reparenting Check-in Script

This short check-in can be used in whatever way a group finds useful to its members. Throughout this document, words in italics are instructions for the reader; they're not meant to be read out loud. For the person guiding the check-in: a slow, steady pace with pauses at the end of sentences and a gentle tone supports this guided meditation. It's helpful to do the steps yourself when guiding to give space for answers to arise. Consider reading the reparenting check-in guided practice in Chapter 2 of the guidebook at your first meeting and then switching to this abbreviated version moving forward.

Guided Silent Reparenting Check-in (2-3 minutes total)

The ACA Solution is to become your own loving parent. This exercise from *The Loving Parent Guidebook* strengthens your ability to identify and feel your emotions, which grounds you in the present moment. Recognizing which part of you is activated and what triggered them helps you care for them as a loving parent.

For the next few minutes, you're invited to follow along silently as we do the Reparenting Check-in practice. At times during a check-in, strong feelings might arise. If they become overwhelming, please take care of yourself. That might mean placing your attention on an external object or sound, or taking a break from the check-in.

Let's begin with a moment of silence to help ground ourselves in the here and now.

(Ground) You're invited to close your eyes or soften your gaze. Notice your breathing in some part of your body where it's comfortable for you, without changing it. *(Pause and do this step yourself so there's time to experience the breath.)* What emotion(s) are you feeling? *(Pause 5-10 seconds, notice what emotion(s) you're feeling yourself.)* What physical sensations, such as constriction, fluttering, or warmth, tell you that emotion is here? *(Pause 5-10 seconds to feel any physical sensations yourself.)* Let yourself feel, as best you can, whatever you're feeling, taking care of yourself as needed. *(Pause 5-10 seconds.)*

(Who) Notice silently to yourself who needs the loving parent's attention now or in the recent past – the inner child, inner teenager, or both? It's okay if you don't know. *(Pause 20-30 seconds and notice for yourself who needs your loving parent's attention.)*

(What) What brought this state about? Was it a person, place, or thing? Was it the critical parent or distorted thinking? Some combination? It's okay if you don't know. *(Pause 20-30 seconds to identify this for yourself.)*

(Tend) Once you're feeling connected, curious, or compassionate toward the inner family member who most needs your loving parent's attention, tend to them, focusing on their feelings and needs. What do they need to hear or need you to do?... offering kind words, comforting touch, or silence? *(Pause for up to a minute, giving yourself time to connect within.)*

As we close, please take a moment to ground yourself back into the present moment. *(Pause 5-10 seconds.)* When you're ready you can open your eyes or lift your gaze, and reconnect with the world around you.

Closing with a Share (Optional)

Groups might wish to close this check-in with a brief share, just one word or a sentence. Choose one option below or your own.

Let's go around the room and take a few seconds to share, in a word or a sentence:

- An emotion that's alive for you
- Your reparenting intention for the day

Optional Beginning Reading

If people are new to working with the inner family, groups may wish to read the section below prior to beginning the guided check-in.

If you're new to working with the inner family, generally when triggered, the inner child is prone to vulnerable feelings such as hurt, afraid, sad, ashamed. The triggered inner teenager is prone to feeling angry, resentful and frustrated. Yet, they can each feel the full range of emotions. The loving parent tends to the inner child or teenager by attuning to what they need: to be heard, nurturance, support, or to be celebrated. We focus on empathizing with their feelings and needs, rather than the distorted thinking or the cause of the trigger. This keeps the focus on The Solution.

Our inner loving parent needs to be in the lead the reparenting check-in process. Suppose we're not feeling curious, compassionate, or interested in connecting with our triggered inner family member in the last check-in step. In that case, that's a sign another part of us is leading. It's best to wait until we're sure our loving parent is fully present to continue.

Groups - Please note:

Modifying the reparenting check-in process or using it for commercial purposes is not allowed. If using this process outside of ACA meetings and groups, always give written and verbal credit to ACA WSO, citing www.adultchildren.org.