

How to Parent Yourself so Your Partner Doesn't Have To

By Spryte Lorian (Excerpt from "9 Secret Ingredients of a DELICIOUS Life" Copyright 2006)

When your triggered by your partner (friend, colleague, sibling, anyone) use this easy to remember process to regain your presence, and support creating a peaceful resolution.

Triggered? Use the F.O.R.M

F = FEEL your feelings

O = OWN your feelings

R = Recognize the truth or expose the lie

M = MIRROR and MAKE a new CHOICE

Feeling:

Take it down to the deepest feeling you can.

If you are feeling angry, let yourself feel the anger and let it get big – by doing so you'll be able to get to what's under it more easily. You see emotions are energy patterns that occur and remain in your body (learn more about the physics of the emotional body here: <http://shentherapy.net/shen-science/scientific-papers/> , and download *The Nuts and Bolts of Emotion, Simplified*). Your emotions are layered – anger usually being the surface emotion, and anger is always a reaction to a feeling NOT being felt – it's either grief, powerlessness, fear, guilt, or shame (shame being the hardest emotion to feel, so we easily bypass it and mask it with other emotions). To get to your underlying emotion, ask yourself: "What else besides anger am I feeling? How else does this feel to me? What does this feeling remind me of?" These are supportive self-coaching questions which can lead you to why you actually were just triggered.

Own:

To own a feeling you move out of "blame" and being a victim, to "empowerment." An example of being in blame is:

You are now feeling scared because your partner has left and isn't communicating with you, and you think he is being a jerk – "I wouldn't be feeling this way if he hadn't gone!"

This is not the truth. You've just bought into a lie.

The truth is, his leaving has "triggered" a feeling that already resides inside of YOU. So why are you feeling scared?

Here is an example: You are feeling scared in this moment because when you were three years old, you were left and you felt that something was wrong with YOU, or you weren't being loved, or you were in actual danger with no one to protect you, etc.

That emotion (energy pattern) still resides IN YOU. Had you not had that experience, or had you previously exhausted that energy pattern and reframed your experience, you would not now be triggered. Instead you would be thinking. "Oh, he needs some time right now to sort this out, it has nothing to do with me, it's what he needs to do for him." And you would go about your business until you come together again.

So, in order to OWN the feeling, you have to bring yourself back to "How old do I feel right now?" Let yourself feel how you were feeling then. This is called, *Re-Parenting Yourself*.

Recognize the Truth/Expose the Lie:

So maybe you've uncovered that you were feeling scared when you Dad left you at the store by yourself, and you decided at that moment that you weren't worth remembering. Or maybe you were actually told by your mother that you were a bad girl because you spilled the milk, and felt scared of losing her love when she walked out of the room angry, leaving you standing there to clean it up.... *And you believed her! (So you believed a lie about yourself.* When we really look at the things we believe about ourselves, that we learned from others, 99% of the time they are not true. They are other people's projections and perceptions. The 1% of the time it may be true, is where we get to self-forgive. Because we are all learners on the human journey – and usually way too hard on ourselves.)

What did you need that you didn't get in that moment? Your job right now is to give it to yourself – NOW. Be there for that little girl inside of you... but you better mean it. Your little girl (that inner part of you that has experienced your whole life's hurts and joys) cannot be fooled, or appeased by you. And I'm not saying your little girl wanted an ice cream cone and didn't get one, so she felt powerless or alone and that means you should go get ice cream. I'm not talking about whims, rantings and cravings, but real needs of the human being (which are safety and love). Look further underneath. In the case of not getting ice cream, was she reminded by her parent that even though she can't have the ice cream (or whatever she wanted in that moment) she is still loved, smart, okay for feeling sad, and she is safe? Or was she told, "No, that's final – because I said so!"

Mirror/Make a New Choice:

When we are in relationship, our most powerful tool for self-discovery is our partner (this goes for friendships, family and co-workers as well). Remember that we are energetic beings, we are vibrating at a particular frequency. Our body is made of atoms that each has an energy field around, and they all make that "larger field" of energy around our whole body, called the BioField (in Science), or called the Aura or Mer-Ka-Ba (in Spiritual texts). The ancient Greeks knew about this field thousands of years ago and called it the Soul, and determined that it is where the emotions live! So, just like magnets, we attract similar frequencies.

So if you are feeling scared, your partner probably is too on some level. If your partner is feeling powerless, you probably are too, on some level. Just because you may be in denial, suppressing your emotion or are unaware, doesn't mean you are not having the same feelings. When you ACCEPT that your partner is your MIRROR, you will always strive for better, more loving communication and understanding. And when you see your partner as your mirror, you will be able to MAKE a NEW CHOICE. This is where you become empowered and move out of victim mode. For example, if you know that you are feeling scared right now, and you're really feeling like a four year old, your partner probably is too – even if he is unaware of it. So, if you can actually see him as a four year old, you can move into compassion for that little part inside of him that felt rejected, unloved, etc, and you can communicate accordingly. Instead of attacking, nagging or being critical (because you wouldn't do that to a scared little boy, would you?), you can ask questions like in the process above to support your partner in moving through the emotion. But here is the clincher! *You cannot do this until you have parented yourself.* Until your hurt self feels safe and loved (by you) you will be unable to hold this space for your partner.

How will you know if you have owned a feeling and re-parented yourself? Your feeling will change. And when you make a new choice you are rewiring your brain, your physiology, your energy patterns – you are literally re-writing the script of your "story." This takes practice. And it takes a great deal of love. Love first for yourself, and for your partner. So practice, and don't look for perfection – look for *communication* from a compassionate heart.