

# Golus



# Geula

## Exile/Ego/Divine is Hidden

Victim mentality; limited perspectives; disconnect from G-d; a sense that there is something "wrong"

## Redemption/Higher Self/Divine is Revealed

Connected to unlimited potential; belief that a loving Creator gives me experiences to benefit the greater good of All

### **Critical Inner Parent** Thoughts, Beliefs, Perspectives:

- *You can't trust anyone*
- *You may as well not even try*
- *You need to stay hidden*
- *You're bad, wrong & unlovable*
  - *You are never safe*
- *Other people are better than you are*

### **Nurturing, Compassionate Inner Parent** Thoughts, Beliefs, Perspectives:

- *It's so understandable for you to feel this way.*
  - *Many others feel this too.*
- *This is part of your purpose to make things better.*
- *You are meant to get through this...and you will.*
  - *You are wanted, loved, & I will help you.*
  - *There is a lesson here for you and yours.*

### **Wounded Inner Child** Feelings, Emotions

- *Shame*
- *Anger*
- *Jealousy*
- *Guilt*
- *Abandonment/Fear*
- *Hopelessness*

### **Protected Inner Child** Feelings, Emotions

- *Awe*
- *Wonder*
- *Joy*
- *Empowered/Courageous*
- *Enthusiasm*
- *Gratitude*

### **Acting Out Inner Grandchild** Behavior, Actions, Communication

- *Addictions*
- *Isolation*
- *Controlling*
- *Passive-aggression*
  - *Blame*
- *Trying to fix others*

### **Ethical Inner Grandchild** Behavior, Actions, Communication

- *Surrendered*
  - *Humble*
  - *Kindness/Loving*
- *Compassionate & Empathic*
- *Healthy Communication*
- *Healthy Boundaries*