

# The Compassionate Inner Parent

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The compassionate, nurturing Inner Voice is something that we all have though it's usually directed toward other people and not toward ourselves. You can think about it as a part of yourself that is already there but just not accessed as much as the Critical Inner Voice. I like to think about it as the Inner Parent because our feelings are like the Inner Child. In Kabbalah, thoughts are the parent since they give birth to the feelings which are like the children and then the feelings give birth to behavior which is the grandchild of the thoughts.

As important as it is to have healthy family dynamics with parents in charge, it doesn't help us to have a dysfunctional inner family with our feelings in charge. The critical Inner Parent is usually in charge when the Inner Child experiences uncomfortable feelings. When we put our Critical Inner parent in charge of the Inner Child, we are creating a dysfunctional inner family. What we want to do instead, is to put the Compassionate, Nurturing Inner Parent in charge.

To access the Compassionate Inner Parent, it can be helpful to write down the words that go with that Inner Voice.

This Inner Parent voice has the desire for your well-being and wants to alleviate your suffering. The following are some ideas to help you formulate the words that come from that Voice.

## **The Compassionate Inner Parent**

- 1. Acknowledges and validates your emotions and experiences without judgment. "Yes, I can see that this has happened to you and that is why you are feeling this way."**
- 2. Offers you understanding. "It's so understandable for you to feel this way."**
- 3. Is warm and kind. "Yes, having that experience is very difficult."**
- 4. Understands our common humanity. "It's so normal for a person to feel this...you are not alone."**
- 5. Provides encouragement and strength. "You can get through this."**
- 6. Provides gentle advice. "Maybe you could try...."** (These 6 tips were inspired by a workshop by Lynne Henderson, describing the work of Tobyn Bell.)