

4. During your childhood, who or what was available to you in ways you needed? A teacher? A relative? Perhaps a pet or treasured stuffed animal? What did they do, say, or give you?

5. Who or what do you think of as modeling loving parent behavior? Historical figures, world leaders, other people you know or learned about, animals, nature, characters, or music? List them:

6. What qualities do the people you listed embody (e.g., kindness, love, wisdom, acceptance, etc.)? List as many qualities as you can, referring to the Feelings, Needs, and Physical Sensations sheet in Appendix D, if you wish.

The people you listed above can serve as loving parent role models. You can draw on their qualities as you practice becoming your own loving parent. Post their quotes, pictures, or a drawing of them at home, at work, or in the car. Ask yourself what they would do in a given situation. Imagine them cheering you on in your reparenting efforts.

"I first got an example of a loving parent by my sponsor modeling what an inner loving parent says with praise, affirmations, and allowing feelings. My sponsor saw the light in me that I now see. That light cannot be accessed when I numb out through 'don't talk/trust/feel' measures." -Fellow Traveler

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