

The Parenting Map

Step-by-Step Solutions to
Consciously Create the Ultimate
Parent-Child Relationship

DR. SHEFALI



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The names and identifying characteristics of some of the individuals featured throughout this book have been changed to protect their privacy.

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Step Four: End the Chase for Happiness and Success

PUTTING IT INTO PRACTICE

	Mom	Dad	Culture	You
Success	<i>Get A grades</i>	<i>Make a lot of money</i>	<i>Buy a fancy house and car</i>	<i>Be real, be genuine, have friends, laugh</i>
Happiness				
Good/Bad				
Love				
Marriage				
Parenthood				
Money				
Sex				
Beauty				

Step Eight: Catch Your Ego

PUTTING IT INTO PRACTICE

Relationship	Primary Mask	Secondary Mask	Memories	Feelings
<p>Mom</p> 	Fighter	Fleeer	I was around 8 years old and my mom yelled at me for breaking her beautiful China dish. She thought I was being purposely careless. She called me a no-good loser. After that she literally didn't speak to me for days.	I felt like disappearing. I hated those long periods of silence. I was terrified of them.
<p>Dad</p> 				
<p>Siblings</p> 				
<p>Self</p> 				

Step Eleven:

Activate Your Third I

PUTTING IT INTO PRACTICE

	Inner Child	Impostor Ego	Insightful Self
Fighter	<i>I'm a failure.</i>	<i>I will fix you.</i>	<i>You are scared. You feel out of control. There is nothing to control.</i>
Fixer	<i>I'm not loved.</i>	<i>I will please you.</i>	<i>You are scared. You want to fix it all. There is nothing to fix.</i>
Feigner	<i>I don't belong.</i>	<i>I will make you like me.</i>	<i>You are scared. You want them to like you. You are liked as you are.</i>
Freezer	<i>I'm not good enough.</i>	<i>I will ignore you.</i>	<i>You are scared. You want to ignore it all. There is no need to ignore it.</i>
Fleer	<i>I'm not worthy.</i>	<i>I will leave you.</i>	<i>You are scared. You want to leave it all. You can try to stay.</i>

	Inner Child	Impostor Ego	Insightful Self
Fighter			
Fixer			
Feigner			
Freezer			
Fleer			