Double Bind with Inner Child Recovery Process

| What is the Negative Emotional Event or Problem Situation | |
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| Core Emotional Trigger: | |
| What Child is trying to be activated: | |
| What is the cost of allowing the child to be activated? | What is the cost of not allowing the child to be activated? |
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| What does the Child want to do? (the default here is to run.) | What would be a healthier emotional choice? How do I take Control |
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| What is the better choice? Which takes more faith? | What is your plan to commit to accountability |
| | 1. |
| | 2. 3. |
| | 4. |