

Double Bind with Inner Child Recovery Process

What is the Negative Emotional Event or Problem Situation	
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?
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
What is the better choice? Which takes more faith?	What is your plan to commit to accountability
	1. 2. 3. 4. 5.