



# Call2Parent 2020 Fall Workshop Series

## November 15 Homework Assignment #2

For those who want to go deeper, Robert offers optional homework assignments to deepen and re-enforce the workshop content. Keep in mind, you cannot do any of these assignments incorrectly...! You may have very positive, maybe breakthrough, experience. Or, you may have difficulty - a "reaction" - and may be unable to do any of the assignments. In this case, simply keep track of - optionally journal - your inner experience...feelings/thoughts/body sensations, whatever they may be. The know that you have completed the assignment by learning more of the nature of your childhood trauma, which you can then parent.

**Under ALL circumstances...be kind and gentle with yourself, especially your Inner Kids...!!!**

### HOMEWORK ASSIGNMENT

**Pick one** of the following:

- Practice Building a "Safe Container" – As I mentioned in the workshop, I created a meditation practice that enabled me to witness and parent my emerging Inner Kid's historical feelings, thoughts and body sensations. In response to a sponsee request, I documented the practice in what I call "Meditation Practice" which is located [here](#). If you choose to try this, be very MINFDUL of your experience – make sure to exit if it too painful. If you're working with a therapist, you may want to share this exercise with that person. If you want to go deeper, journal your feelings/thoughts/body sensations while completing this assignment.
- Go Shopping and Buy Your Inner Kid a Gift – Whenever you are struggling, go shopping and buy your Inner Child a gift. Let your Inner child guide you to what she/he/they want. Be conscious, adult mindful spending is important. The gift is to honor and excite your Inner child not buying their love with expensive gifts. COVID is still on the up-tick...you may want to consider shopping online. Keep safe. If you decide to trek out into the world, please take great for your safety and the safety and well-being of your Inner Kid(s). Wear a mask, social distance...! If you want to go deeper, journal your feelings/thoughts/body sensations while completing this assignment.
- Boundary Setting Practice – Having difficulty in setting and MAINTAINING self-care and well-being boundaries...? If so and you want to practice, then use "Setting and Maintaining Healthy Self-Care Boundaries [here](#)". You'll also need the accompanying Worksheet [here](#). As I mentioned in today's workshop, setting boundaries – internal or external – is a parenting issue and exercise. Suggestion: pick something, a boundary, that is recurring – but not one that causes "high anxiety. Practice, start to build the parent boundary setting "muscle. At some point – with some thought practice – I no longer need the worksheet – my learned parental skills take over. If you want to go deeper, journal your feelings/thoughts/body sensations while completing this assignment.
- Daily Reading of Louise Hay's "I Love Myself" affirmations. Bringing back 'old reliable'. Consider reading these affirmations out loud - every day until the Saturday Q&A/Sharing Session - first thing in the morning (during your practice, if you have one) and just before



you retire for bed. If you want to go deeper, journal your feelings/thoughts/body sensations while completing this assignment.

- Mirror Work. You adult/Loving Parent did a great job getting you to the workshop...! Every time you see yourself in a mirror - stop, look yourself in the eyes, take one of your hands and pat your repeatedly in the back (a little over the shoulder) and say "Great job, Adult \_\_\_\_\_ (your first name)...!!! Attending this parenting workshop was a really great decision...!!! Keep up the good work...!!!" Then, stare into your eyes after this for at least a minute If you want to go deeper, journal your feelings/thoughts/body sensations while completing this assignment.

**Under ALL circumstances...be kind and gentle with yourself, especially your KIDS...!**

Blessings!

Robert N