



MINDFUL SELF LEADERSHIP

AWARENESS OF YOUR INNER CHILD (FEELINGS) AND OUTER CHILD (REACTIVITY)



WISE SELF

Balanced Compassion & Healthy Discipline

The Key is to (1) Be Aware/Mindful of your Feelings/Emotions
 (2) Connect with Inner Child to Feel, Accept and Value Emotions
 (3) Pause, Negotiate, and Wisely 'Guide' Inner Child with
 Compassion and Care (in each moment) Before Reactivity Occurs.
 In other words, you are LIKELY to REACT if you haven't
 acknowledged and nurtured your genuine feelings and emotions.



Outer Child can react so fast that it might seem AUTOMATIC! As if there isn't time for your "Wise" rationale to stop and respond the way you truly would like to. This makes sense when you realize how the mind works.

INNER CHILD Feelings & Emotions	OUTER CHILD Impulsivity & Reactions
Feelings "Authentic Emotions in Present Moment"	Acts out Feelings Inappropriately "Reactivity"
Genuine, Vulnerable, Unique, Real Feelings are CHILDISH as they are not logical. Yet they are part of you, and as real as it gets in terms of revealing your truth in the moment. They absolutely need to be accepted and valued (rather than shamed)	Self-rebellious, self-centered, self-sabotaging, self-indulgent, temper-tantrum behavior, protesting, and immediate gratification (Instead of self-care, balanced choices, and long-term goal focus)
Change like the Weather (feelings inevitably change like the weather)	Fights Change (repeats same old patterns over and over)
EXAMPLES	
Feels overwhelmed and pressured with too much work	Procrastinates and refuses to do what you need to do, or gums up progress with indecisions or perfectionism

Really likes someone but feels unsure of how the other person feels; fears pain of rejection	Sends 18 paragraph-long texts in a row, and ends with "ok, I guess you're not into me... bye"
Feels very anxious and inferior at a social gathering	Flees or hides in corner. Or overcompensates by oversharing personal info or expressing opinions best reserved for a competitive debate
Feels pain in heart, due to feeling unseen and unloved by their partner	Tries to win-over an emotionally unavailable/neglectful partner by going into people-pleaser overdrive mode
Feels angry, unimportant and disrespected because date is 20 minutes late	Scowls angrily at date's "excuse" and reacts by giving silent treatment instead
Feels nagging emptiness, loneliness, and boredom	Eats 4 cupcakes & drinks 4 beers before passing out on the sofa
Feels unworthy of a promotion even though due for one after years of proven success	Seethes for years and finally sends angry email to boss complaining about not being valued
Feels jealous and scared that her boyfriend will leave her for her 'prettier' friend	Seeks reassurance by demanding her boyfriend promise he will never leave her for friend

INNER CHILD Current emotions are powered by your history of emotional experiences, stemming from when you were born. Most you've forgotten, yet they remain within your subconscious memory. These experiences condition your amygdala's stimulus-response system. The amygdala is always looking for a threat and it picks up subliminal triggers. This causes you to react automatically before your higher thinking (**WISE SELF**) has a chance to consider a mature, self-caring, ideal course of action. The way you react, and your protective mechanisms, are unique to your past experiences as well.

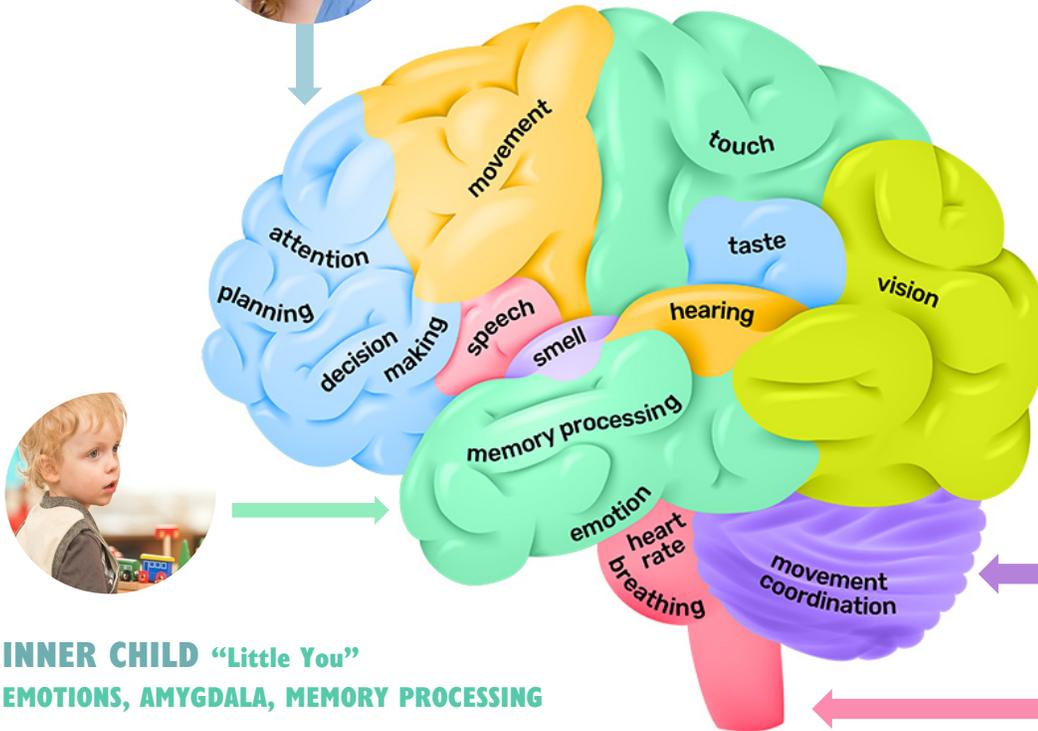
OUTER CHILD When you perceive a threat (whether real or imagined - or even a fearful thought) such as, not being liked, failing at work, or fear your partner may leave you, your amygdala sends an urgent warning to activate an immediate response (Fight, Flight, Freeze, or Fawn). These behaviors stem from a two-part process (EMOTION → REACTION). Its job is to act first, think later. "I felt jealous and yelled at my boyfriend in the middle of a restaurant... and I couldn't stop myself."

WISE SELF Your higher thinking brain can send messages to your amygdala, but that's a dial-up connection compared to the information superhighway that links the amygdala with the part of your brain that carries out your behavioral impulses. **THE KEY TO MINDFULNESS, EMOTIONAL HEALTH AND SELF-LEADERSHIP IS TO BE IN A STATE OF CONNECTION AND ATTUNEMENT WITH INNER CHILD (FEELINGS) AT ALL TIMES. IF YOU FEEL TRIGGERED/DISCONNECTED, THEN PAUSE AND RE-CONNECT WITH FEELINGS.** Connecting with Inner Child, rather than **ABANDONMENT** (avoiding/repressing feelings), ensures Outer Child won't run amok in reactivity. Your higher reasoning is involved to nurture and sooth painful emotions and provide caring guidance and balanced parenting.

MINDFUL SELF-LEADERSHIP: BE EMPOWERED BY YOUR HIGHER REASONING

WISE SELF “BIG YOU”

CEREBRAL CORTEX, FRONTAL LOBES, HIGHER REASONING, RATIONALITY, CALM, ATTENTION, PLANNING, DECISION-MAKING, EMPATHIC CONNECTION THAT RESULTS IN MATURE CONVERSATION BASED ON AUTHENTICITY, IDEAS AND GENUINE FEELINGS BALANCED, STRONG, FULFILLED SELF, SELF-LOVE, CAPACITY TO CONNECT W/ OTHERS



INNER CHILD “Little You” EMOTIONS, AMYGDALA, MEMORY PROCESSING



CHILDISH
NEEDS TO BE SEEN, HEARD, UNDERSTOOD NURTURED, ACCEPTED, LOVED & COMFORTED



OUTER CHILD REACTIVITY, IMMEDIATE ACTION, MULTIPLE REGIONS, INCLUDING BASAL GANGLIA AND CULMINATING IN SPINAL CORD FOR MUSCLE MOVEMENT



LIZARD-ISH
REACTIVE, NOT RATIONAL

Although the limbic system, which includes the amygdala, works with other areas of the brain in complex ways and has far more than just one role, the word that best describes the limbic system is “emotions.” Part of the limbic system called the hippocampus helps us form and retain *memories*, which is vital for learning from past experiences, continuous improvement and personal development.

The hippocampus stores both good and bad past experiences, those that induced rewards, threats and pains. Traumatic events, mistakes, and situations that caused emotional pain form sensory preferences, likes, dislikes, fears and more. A heartbreak, for example, can cause a fear of love, triggering the limbic system, “Inner Child,” to feel terror next time you fall in love. Outer Child may react to this terror and sabotage the relationship in an attempt to ‘protect’ you from another heartbreak. Herein lies a maladaptive protective strategy.

This is why it is essential to have awareness of your emotional-being at all times and a sense of inner connection so you may allow the necessary pauses to calm, rather than react, and realize what the emotion is communicating. Then ascertain if your emotional response is accurate based on present reality, or if it is from the past, triggering a fear based on misperception or false belief. Journaling practices help guide this process.