

TRIGGERS:

INNER CHILD:

We were all once an infant, baby, toddler, child, & teenager. All of these parts of ourselves presents themselves as who we are today. The younger parts of ourselves are reacting.

- **Age:** Our child is a certain age & something changes within our body towards them.
- **We lacked opportunities in our childhood:** Sometimes the things we never got a chance to do are the things we force our children to do.
- **Parts of ourselves were shut down:** Whatever was shut down in us during our own childhood, we are more likely to shut down in our children.

PARTS THAT MAY HAVE BEEN SHUT DOWN:

Having opinions, our "no", speaking up, acting differently than the norm of society, playing is a waste of time, being adventurous & spontaneous, emotions of joy or anger, acting like a child.

We can either expand or shut our child down & continue these generational cycles.

We get more upset over the situation our child is in than they are!

- **Unheard:** When our child doesn't "listen" to what we are saying, it can awaken the stories we have of ourselves that "no one ever listens to me!", "we don't matter enough to be heard!", "no one cares about me enough to listen to what I have to say".
- **Disrespect:** We didn't feel that our boundaries were respected as a child & now when our child doesn't respect our limits we triggered because they are reawakening these painful wounds of never having been respected.
- **Bullying:** We are so afraid that our child will go through what we've gone through that we get triggered when our child shares with us any interaction where some hurtful behaviours took place.
- **Siblings Fighting:** This depends on our family dynamics growing up, for example if we were dominated by a sibling or a sibling always got away with something.
- **Fears:** We are scared of certain things & so when our child is faced with one of our fears we pass this fear on to them.
- **Grades:** We want our child to have high grades, we put this pressure on them due to the pressure that was placed on us.
- **Cleanliness & Organization:** The mess in our house can trigger us & make us feel like it is us that is a mess.

- **Spills & Accidents:** Growing up we might have learnt that spills are a big deal if we got yelled at when we had accidents.
- **Physically hurt:** When our child hurts us physically & we were physically hurt as a way of discipline it was bring back all those deep wounds.
- **Physical Affection:** Might be hard if we weren't given physical affection to provide this to our child.

Daughters may trigger mothers more than sons. Sons may trigger fathers more than daughters. This is due to the triggers of the inner child.