

Reparenting Check-in Worksheet

This exercise strengthens your ability to identify and feel your emotions, which grounds you in the present moment. Recognizing which part is activated and how it got triggered helps you care for them. Doing this exercise regularly acquaints you with the inner loving parent. After you read each question, close your eyes or let your eyes have a soft gaze. Allow your answers to arise from within.

1. What physical sensations and emotions do you notice? Allow yourself to experience them.

a. I feel (one-word emotions*): _____

Some common emotions: angry, disappointed, frustrated, tired, sad, hurt, scared, confused, hopeless, embarrassed, ashamed, touched, thankful, relieved, joyous, comfortable, eager, proud, serene, hopeful, content. **Example: I feel anxious and scared.**

b. I notice (physical sensations): _____

Check your breathing, face, throat, torso, hands, feet, etc.

Example: Tightness in the stomach. Shallow and choppy breathing. Cold hands.

*One-word emotions help us distinguish emotions from thought. Practice using "I feel" followed directly by the emotion word. When we use *that, like, as if, pronouns or names/nouns* after "I feel," we're often describing a thought. For example, "I feel like a failure," and "I feel she doesn't like me."

2. Who (what part of you) needs your loving parent's attention?

Inner Child Teenager

3. What triggered this part? Notice your self-talk. Allow yourself to experience your emotions.

Critical Parent / Distorted Thinking* People, Places or Things Don't know

Describe briefly: _____

Example: My Critical Parent projected a scary future. That scared my inner child.

*Judgment, ruminating on the past, projecting the future, should, must, all-or-nothing thinking, catastrophizing, etc.

4. How can you tend to this part from the loving parent within you? How do you feel toward this part? Connected? Curious? Compassionate? If not, how can you invite the loving parent into the reparenting seat so you can proceed? Call a fellow traveler, meditate, pray, be in nature.

Validate the part's feelings and reality: _____

Example: "I hear you're feeling scared and worried about the future, hopeless even about feeling safe."

Reassure / Nurture: _____

Example: "I'm here with you. I won't leave you alone with these feelings. I'll keep you safe. Let's breathe together and bring this down."

Anything else needed? Comforting touch, guidance or limits?

Example: A self-hug. "This is not that, you're not alone anymore. I'm here now. Let's stay here in this moment."

