

Letter from your Healthy Adult to your coping mode

To consolidate your understanding of your coping mode and clarify your thinking of how to put the coping mode in its place, please write a letter from your Healthy Adult Mode (the most compassionate and also the most functional part of yourself) to the coping mode we discussed in session (i.e. detached protector/soother, overcontroller, compliant surrenderer).

Understand your Coping Mode

What function did they serve growing up?

How did they keep you safe?

What needs does the coping mode attempt to meet now?

What does this cost you and your relationships?

How do other people experience this coping mode?

Healthy Adult

How can Healthy Adult meet these needs now?

How will your healthy adult put your coping mode in it's place?

What will the challenges be to reducing the coping mode?

What are you most afraid of and how can you reassure little you that it will be?

What are you most looking forward to gaining with this coping mode stepping back and Healthy Adult meeting your needs?