

A watercolor illustration of a forest path. The path is a light brown color, winding through a lush green landscape. There are several trees with brown trunks and green foliage on either side. In the foreground, there are various green plants and small flowers in shades of yellow, orange, and pink. The overall style is soft and artistic, with visible brushstrokes and a gentle color palette.

INNER CHILDHOOD NARRATIVE

Explore and discover your Inner Childhood Narrative (ICN) so that you can live in greater self-acceptance and harmony

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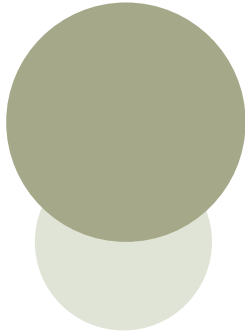
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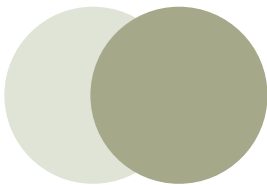
To 'Crack the Code' of our ICN, let's begin with the **THREE** ways that others might have experienced our energy as kids.

In times of stress or frustration, some kids will have energy that seems to move **AGAINST** others in an assertive fashion.



Their energy can feel BIG and Assertive

Other children take a more neutral and compliant stance, moving **TOWARD** others.



Their energy can seem close & clingy

Finally, some children look independent as they 'get small' and withdraw, moving **AWAY** from others in times of stress or overload.

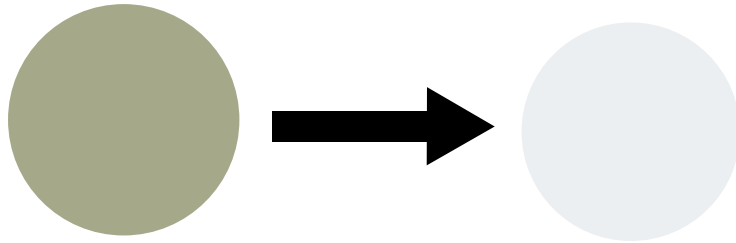


Their energy can seem moody and distant

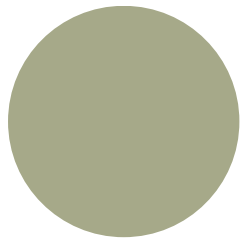
When I was a child, I expressed my energy as _____

Just as there are **THREE** Centers of Intelligence, there are also **THREE** ways to respond to the roles of those centers: **THINKING, FEELING, and DOING**. Let's consider how you may have responded in your Body Center.

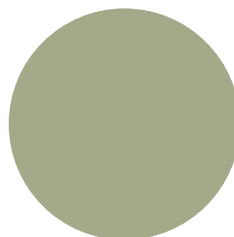
In the **BODY** Center, children will relate to taking action or "**DOING**" in the following ways:



Some kids manage DOING outside themselves, ex: get bossy



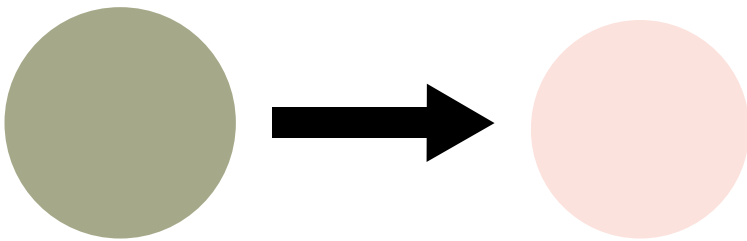
Some kids repress DOING, ex: don't get started



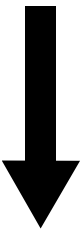
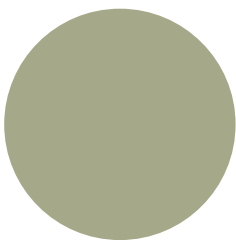
While other kids internalize DOING, ex: "I should..."

As a child in my 'Body Center' I resembled type: _____

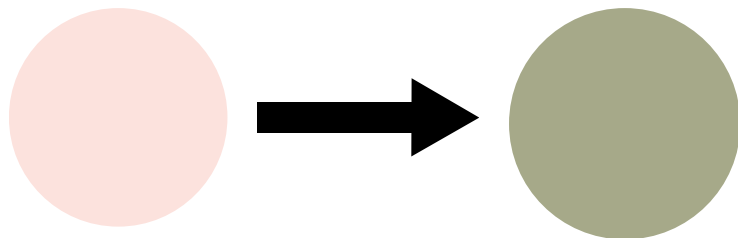
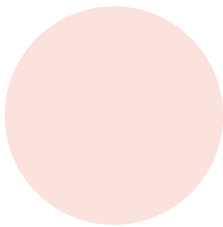
In the **HEART** Center, children will relate to **FEELINGS** in one of the following ways:



Some kids manage FEELINGS outside of themselves, ex: focus on others



Other kids repress FEELINGS, ex: ignore and push through

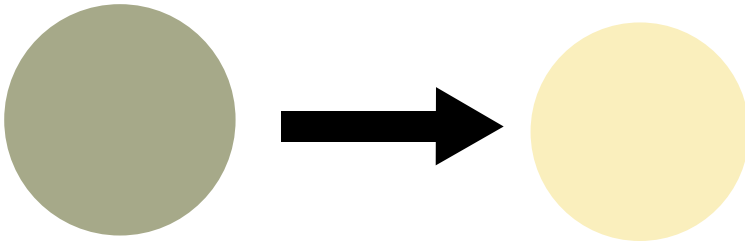


While some kids internalized FEELINGS, ex: empathically feel it all

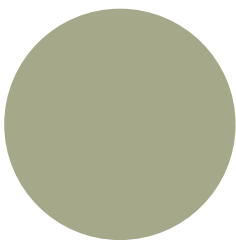
When I was in my 'Heart Center' I resembled type: _____

Remember, as there are **THREE** centers, there are also **THREE** ways to respond to the roles, **THINKING, FEELING, DOING** within these centers.

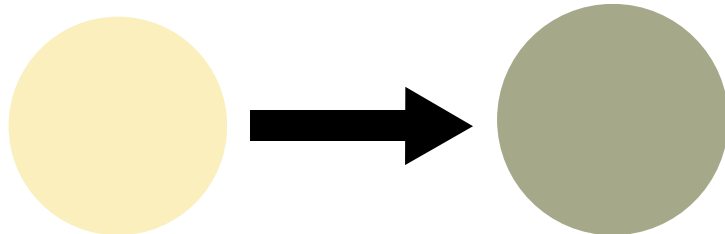
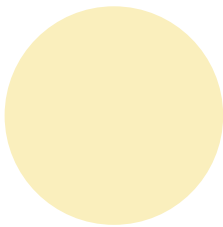
In the **HEAD** Center, children will relate to **THINKING** in one of the following ways:



*Some kids manage **THINKING** outside of themselves - ex: research*



*Other kids repress **THINKING** - ex: anxious 'what if'*



*Finally, some kids internalized **THINKING** -ex: get lost in thought*

When I was in my 'Head Center' I resembled type: _____



When we look at the 3 Centers In times of stress, we notice that each center experiences messages coming from their respective "Ego Dragon" instinct to keep them safe.

Often, the messages are reactive and not always true or healthy for us to use as guideposts. These messages shape our Inner Childhood Narrative (ICN).



“Anger Dragon” - Body Center Reaction

- The Anger Dragon tends to appear when boundaries are crossed, there’s a sense of unfairness, or a child feels powerless. It emerges as a response to frustration or unmet needs, signaling a desire to restore control or fairness.
- Possible triggers:
 - Feeling misunderstood.
 - Experiencing injustice or inequality.
 - Being told "no" without explanation.



“Shame Dragon” - Heart Center Reaction

- The Shame Dragon surfaces when a child feels unworthy, embarrassed, or rejected. It might appear after a mistake, a perceived failure, or when a child feels they’ve let someone down.
- Possible triggers:
 - Harsh criticism or scolding.
 - Comparisons to others.
 - Experiencing exclusion or teasing.



“Fear Dragon” - Head Center Reaction

- The Fear Dragon emerges in moments of uncertainty, danger, or overwhelming challenges. It’s triggered by situations where a child feels unsafe, unprepared, or unsupported.
- Possible triggers:
 - Facing the unknown (e.g., a new environment or situation).
 - Loud noises, sudden changes, or chaos.
 - Fear of failure or letting someone down.

As a child in stress, I most often remember wrestling with the _____ Dragon

INNER CHILDHOOD NARRATIVE SURVEY

Circle the group of messages that most sounds like what your 'Anger Dragon' often said:



"It's not okay to ask for help."
"You need to be control."
"You need to take action."



"Your opinion doesn't matter as much as others."
"Keep the peace and let other people have their way."
"You don't know what you think or feel."



"You have to do better."
"Don't make a mistake."
"You need to improve."

Circle the group of messages that most sounds like what your 'Shame Dragon' often said:



"You need to be the Helper."
"You are loved for what you do for others."
"You better always say 'yes'."



"You HAVE to impress."
"Keep pushing yourself, no matter what."
"Everyone's watching to see what you can do."



"Your feelings are too much."
"You are weird."
"Focus on all the sad and hard stuff."

INNER CHILDHOOD NARRATIVE SURVEY

Circle the group of messages that most sounds like what your 'Fear Dragon' often said:



"Your problems don't matter."
"Just stay in your head"
"You are alone to figure things out"



"There is a lot that can go wrong."
"What if..."
"Things might get bad."



"Your sadness will crush others."
"Bring the happy! Not matter what."
"If it's too hard then just quit."



What do you notice about yourself?

Which direction do you move in stress? Does your energy get large? Do you move toward others or away?

What do you notice about your self-talk in each of your centers of intelligence?

What are your top messages that you wrestle with in times of stress?