

SELF-AWARENESS

Proud

“I did that myself.”

In the book: Chapter 13 · Inner Light

WHAT IS UNDERNEATH — AN IFS VIEW

Self energy again — competence felt from the inside. Fragile at first, because parts are quick to swap it for “was it good enough?”.

TRY THIS, RIGHT NOW

Tell someone what the hard part was.

FOR THE CHILD

Tell someone what the hard part was, not just that you did it. That’s the bit that belongs to you.

FOR A PARENT

Reflect the effort rather than the result: “You kept going after it fell over twice.”

FOR AN EDUCATOR

Ask the child to teach the step to someone else. Pride becomes durable when it is used.

DRAW OR WRITE — WHEN DID YOU FEEL THIS?

A feeling is not the whole child. It is a part of them doing a job. Meet the part, and the child has more room.