



HealthySenseOfSelf

HySoS Awareness Exercise

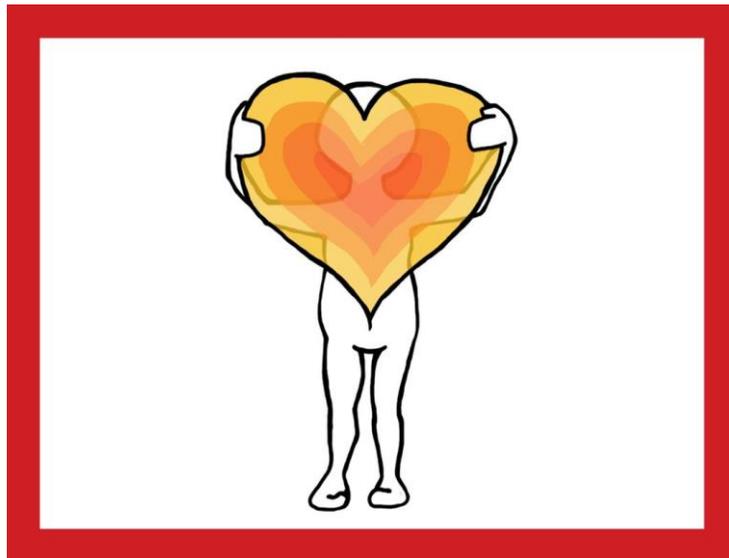
plus

THE THREE QUESTIONS

that will help you make sure you can be fully there for your children!

For parents, because they once were children.

For children, because some day they might be parents!



THE THREE QUESTIONS

that will help you to

Know WHY you do WHAT you do!

Become aware of your ultimate motivation!

In other words: there is sometimes more to things than what is obvious.

Find out what it is for you!

Make a shift to what serves you and your children better.

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The Three Questions

1. **WHAT** is it that I am doing?
2. **WHY** do I do that?
3. **WHAT** is really at stake for me if I don't succeed?

When should you do this awareness exercise?

- When you have to make a decision but you feel disempowered
- When being a parent (or a child) brings you to your wits end
- Or simply when you would love to know how to be a better parent to your children.

Take a few minutes to sit down with your Self in mind and consciously experience your Self through your physical and your emotional body. It would be fruitful for you to start out with our Emergency Grounding Exercise (Bonus #1) to center yourself. *(If you don't have much time please simply continue reading and you'll begin the activity for this bonus on page 2.)* Truly sensing your Self makes a lot of difference when it comes to the art of decision making and the point is to cultivate the skill to do just that. It will help you to become more convinced that:

You ARE your very own person –
You do not have to “earn” your Self!
Your decision can now be based on what is at stake in real life!

Only when you know and sense that on a deeper level you can help your child to develop a healthy sense of him or herself.



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If you don't have much time start here:

Would you agree with the statement "my life and my body are mine"?

It sounds pretty straightforward, right? But do you think it is actually true for most people? Is it true for you? If you say these words to yourself, how does it make you feel?

If it were true, how come that, at times, we act as if we are possessed by powers that lie beyond our control? For example, we become angry when we do not want to, or we are meek when we should be standing up for ourselves.

True, as children we need guidance and we need to obey our parents. The question is, should we obey our parents even if they are not being reasonable, or should we stand up to them? And at what age are we, as children, able to begin determining what is unreasonable? So in view of these complex questions, it seems justifiable for us, as children, to expect that our caregiver has his or her act together. What is more: when parents have a Healthy Sense of Self, chances are they pass it on to their offspring.

So, if we have no Sense of Self, we become dependent on the outcome of our achievements and on what others think of us. It makes us "Feel-good-about-ourselves." That feeling is the closest we can get to feeling that "we are OK" so it becomes an almost physical need to "earn" that message over and over again, especially from specific persons in our lives and, per extension, from others.

We do not see ourselves as "real" persons other than in the fleeting moments we have performed a task to perfection or behaved as the perfect son or daughter.

Then we grow up and become parents ourselves. We do our very best to be reasonable, just like most of our own parents did. But because of our dependency on the outcome of our achievements or our behavior, we often times miss out (again!)



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on the opportunity of really “seeing” our child, of really knowing our child and relating to her or him as another human being. We are in fact still needy, and busy trying to get our own needs met. We are still busy filling in that hole within ourselves where our Sense of Self should be by living up to rules and conditions, set by our parents or by ourselves, to please them and get that smile we crave, that tells us: “You are OK!”

There clearly is something else that can keep a parent’s mind occupied or even drive them to wanting to be the best parent—something other than the wellbeing of the children. Why do parents, at times, overlook what is actually going on with their children? How come too few parents really wonder what their behavior looks like from their children’s point of view and what messages are their children actually picking up on?

It is not for lack of willingness that we repeat the story of not truly being there for our children. It is pure (perceived) survival, a matter of life and death, all the same things that keep us super busy with no quality time to spare.

If, as children, we are exposed to this type of parental behavior, we are affected by it in the development of our own Sense of Self. Lacking a Sense of Self drives us to give priority to getting the approval of our caregiver over truly being in touch with the needs and wants of our own children and attending to them. In spite of the best intentions to do things differently, we are bound to repeat this devastating cycle of narcissistic behavior from one generation to the next.

Wouldn’t the world become a better place if we could break free from the compulsive need to gain acknowledgment through our actions or behavior? Isn’t it time to stop this hopeless drama in our lives that is caused by a lack of being in touch with ourselves and that results in the inability to be truly there for our offspring?



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When parenting serves another goal (our own Hidden Goal), we are not present to our own actions and behaviors. When teaching others is done with something else in mind, other than transferring knowledge and information, chances are we are not present in the process.

We might tend to exert constant control over the behavior of our children—but is it really with their benefit in mind, or is something else driving us? This doesn't mean that we are bad parents—just that sometimes we do not know **WHY** we do **WHAT** we do. What could be even worse—and more significant for our purposes here in this course—perhaps we find ourselves *unable* to stop doing something even if we *want* to stop it.

The opposite can also be the result, though. It can happen that, as parents, we behave as though our children have control over us as we always acquiesce to their demands when they are upset, throwing temper tantrums, or acting rebellious. We choose to not really see what they are doing to us; we cover up or deny their behavior, hiding behind our thinking it's in our own interest, based on a motivation that we are not even aware of.

We can be so concerned about living up to certain conditions that are not even relevant in the present but stem from our pasts. The need to “Feel-good-about-ourselves” demands we are successful in living up to those conditions and prevails over taking the time and being in the mindset to actively being there for our children, giving them the message that they count and make a (positive) difference in our lives.



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THE THREE QUESTIONS

Of course you can apply these to the issues you would like to get a grip on.

1. WHAT is it that I am doing?

Fill in the problem here.

For example: I can get all-consumed with trying to avoid being angry.

2. WHY do I do that?

Fill in the motivation that first comes to mind: I think it is better for my child(ren).

(Note that you may be hiding behind this most obvious motivation.)

3. WHAT is really at stake for me if I don't succeed?

Investigate further and be totally honest with yourself and reveal your own Hidden Agenda by giving the most truthful answer you can.

In this case: My own caregiver would reject me if I failed (again) in living up to the conditions he/she has imposed on me for feeling accepted, which is why I really need them to like me.

Note: *Fill in for "caregiver" whoever the person is whose approval/validation is of the ultimate significance in your life.*



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When a parent does not have a healthy Sense of Self he or she is dependent on the approval of significant people in their lives and their decision (in this case) not to be angry has nothing to do with what is better for the child.

Their real WHY here is: “My parent despises me when I am angry—I do not get that vibe of approval and I need my caregiver to like me.”

What are the results of this behavior?

The What, “avoiding becoming angry,” results in: I let my child walk all over me lest he or she makes me angry.

Result 1: This ultimately leads to disempowerment as a parent.

Result 2: Now I also blame the child (for walking all over me) so the child unknowingly carries my burden.

Result 3: The child did not have a parent who “was there” for him—did not get the building blocks for developing a Sense of himSelf—but was kept busy figuring out what the parent wanted from him so he could “Feel-good-about-himself” and get that vibe of approval he was after, just like his own parent was.

Result 4: Decrease of quality in the parent-child relationship.

If we could only really ensure that our children would be given the right input at the right time* so they could effectively build a healthy sense of themselves. Wouldn't that make your world a better place?

We can accomplish this by solving our own issue with our Sense of Self.

**see: Chapter 3 of [Healthy Sense of Self – How to be true to your Self and make your world a better place!](#)*

Please visit Healthysenseofself.com and learn more about our the Sense of Self Method and Theory and our books, courses, and other products.