

The Hurt Child Vs. The Balanced Adult

(Excerpt from My Book: Find Your "Self-Culture")

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The Hurt Child

When you are being led by your hurt-child voice/state of being, the following behaviors can occur:

- You have the “disease-to-please”; you’re obsessed about pleasing others so they will like you.
- You withdraw emotionally from others without letting them know why.
- You are rebellious and throw temper tantrums; this is actually the hurt teenager stage!
- You feel you are the victim, always saying, “Why me?” and, “Poor me.”
- You live in fear, always in a panic, and you do not have trust or faith in life.
- You manipulate others emotionally, “guilting” them into doing something for you.
- You take people hostage with emotional blackmail.
- You fall apart so someone will take care of you.
- You are self-loathing and have low self-esteem, often because you experienced a lot of criticism growing up.
- You are always feeling attacked and are on the defensive.
- You don’t take responsibility for your own life, and you blame others for things that go wrong.
- You feel that you are “not enough” and you “don’t get enough.”
- You focus on the past and live in regret.
- You aren’t able to set clear boundaries; you allow others to invade your space.
- You feel that “life is unfair.”

The Balanced Adult

How do you know when you are in your balanced-adult voice/state of being? When the following elements are in place:

- You are nonjudgmental.
- You allow others to be themselves.
- You are accepting of what is.
- You focus on and are oriented toward the present day.
- You have trust and faith in the process of life.
- You deal with adversity by seeing the larger picture; you ask, “What is the lesson for me here?” (I call this “transcendence thinking.”)
- You take responsibility for yourself in all aspects.
- You draw clear boundaries and stick to them.
- You commit to not enabling the hurt child or the critical parent in yourself or others.
- You are compassionate, yet not a caretaker.
- You encourage others to care for themselves.
- You quiet your mind often and listen to your own divine guidance.
- You honor yourself and listen to your own needs.
- You are authentic.
- You have focused, clear, laser-beam intentions in life.
- You have a positive, buoyant attitude.
- You are oriented toward action rather than reaction.
- You believe that life is supportive.
- You are grateful.