

# Special Report:

## Expanded Ten Steps to the Intermediate Practitioner Level of the Self-Parenting Program

Dr\_John\_Pollard@selfparenting.com

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## Introduction

This Special Report gives an expanded explanation for the roadmap provided by the *Ten Steps to Intermediate Practitioner Level*.

These Ten Steps are the easiest and most direct path to creating the best possible Self-Parenting Style within the given time period of three to six months.

I have personally guided hundreds of people through these Ten Steps and have found each one to provide concrete achievement of Self-Parenting growth and conscious Self-Parenting awareness.

Now, on the Internet I can give you these expanded steps as a template to guide you as a new practitioner and as a gift for opting-in to learn more about this valuable and essential Self-Parenting process.

This order is the recommended best-case scenario. Each single step is a crucial element of Self-Parenting practitioner awareness and must be completed at some point during the process.

The estimated period to complete these steps is three to six months. You can't honestly do all the steps in less than three months. If you don't finish them within six months, you are not trying.

You are in charge of your own Self-Parenting Style so this is your Inner Parent's call. If you seek the advantage of improving your Self-Parenting awareness by following a proven plan, then you are welcome to do so.

Print the Ten Steps Sheet (at the end of this Special Report) and use it to maintain the record of your progress. Feel free to contact me via email for clarification or questions about any specific step at: [dr\\_john\\_pollard@selfparenting.com](mailto:dr_john_pollard@selfparenting.com)

Once you have achieved the awareness of the Intermediate Practitioner, you will be much more inclined to understand and appreciate the advanced understandings of the Blue book, Intermediate Modules, and Practitioner exercises.

## The Importance of These Ten Steps

These ten key steps represent the trail map and plan for the "Newbie Practitioner" of the SELF-PARENTING Program that lead to the "Intermediate Practitioner" of the SPP.

Getting to the Intermediate Practitioner status is not easy. I like to describe it as like crossing a raging river, which most people would take one look at and never even think about attempting to cross. They are happy where they are and don't see any reason to get to the other side.

If you were to start swimming across on your own you would be swept downstream and washed right back on the same shore you tried to leave.

These ten steps act like a bridge of ten huge boulders perfectly placed just for you to walk easily right across this river. All you have to do is just step from boulder to boulder, taking your time and being careful, and you will easily get to the other side of this raging river. If you don't take these steps, or dawdle, or think you can stop any time or go for a swim in the river, you will be swept away so fast you will never know what happened.

You need to know that moving from Beginner Practitioner Status to Intermediate Practitioner Status is a huge undertaking. Getting to this other side is tricky and you won't get there without a guide because it's hard to find and difficult to traverse. Many have tried but few have arrived safely so don't let this happen to you.

Since I live over here on the Intermediate side and have helped many people to cross this raging river, I know how to make it easy if you just trust me and do what I say. When you do, you'll find it so safe, tranquil, and pleasant that you won't even believe that anyone wouldn't want to make this journey. Here are the steps as outlined:

### **Step One: Read *Self-Parenting: The Complete Guide to Your Inner Conversations***

Of course, I'm talking about what I call the "yellow book" called *SELF-PARENTING: The Complete Guide to Your Inner Conversations*. Obviously, this is the first step to becoming an Intermediate Practitioner. You probably wouldn't be reading this special report without knowing about this book. If you didn't read this book, you wouldn't know the intimate details of the Inner Parent and Inner Child and the fact that there is something called "Self-Parenting" going on inside your Inner Conversations.

(This one situation where this might occur is if you have only read the "blue book, *The Self-Parenting Program*, and don't know about the yellow book. If this is you, then get the yellow book right away as you are missing a whole bunch of info. See below.)

Technically, you only need to read Part 1 which contains the descriptions of the two selves involved inside your "inner conversations" during which your Self-Parenting dynamics take place. There is a Part 2, which talks about Inner Conflicts, and Part III, which defines the practice of S/P. You would want to read Chapter 9 of Part III of course.

There is also a "blue book" called *The Self-Parenting Program: Core Guidelines for the SELF-PARENTING Practitioner*. Reading this book before the "yellow book" is an unfortunate detour. The "blue book" is best understood after:

1. Practicing Self-Parenting for 6 months to 2 years, and
2. Having already made the journey across the "raging river"
3. Knowing that the "blue book" is designed to help you "climb the mountain" not "cross the river"

So, first things first: you have to cross the river before you can climb the mountain.

Let's assume you've read Part One of the "yellow book," believe what it says, and want to experience the benefits that it describes. Step One typically provides the initial motivation to begin daily Self-Parenting sessions.

### **Step Two: Practice Your First Week of Daily S/P Sessions.**

To begin the practice of daily Self-Parenting, you will want to read Chapter 9 very carefully. It has a very clear description of each aspect of the Self-Parenting session. At first, it might seem picky or arbitrary but every detail of this process is crucial and important.

Whenever a practitioner has "some problem" with Self-Parenting, there is ALWAYS some part of the Chapter 9 guidelines that he or she is not following. Whether it's intentional

or inadvertent, it doesn't matter. If your Self-Parenting sessions aren't going the way they should, it's because you are not following these guidelines.

Eventually these guidelines became formalized into what is now known as the 23-Tips. Make sure you are following each tip until it's routine and fades into the background.

Just to emphasize again some important factors:

- Be consistent with your daily sessions
- Do them first thing after you wake up
- Only ask questions
- Do NOT dialogue as the Inner Parent with your Inner Child later during the day about your sessions

This last point is still the number one "most popular method" of screwing up your Self-Parenting results. I had to correct a practitioner on this exact problem just last week. Just do your session per the 23-Tips and let the results assimilate and internalize on their own. Do it again the next day and repeat.

Typically, your first two weeks of Self-Parenting go smoothly. Much joy and wonder is experienced and shared once you begin communicating directly with your Inner Child. If you are keeping to the 23-Tips, usually it's just happy, happy, and happier: so far so good.

The best part about the 23-Tips is they aren't that tricky in the first place. Once you follow them for a few sessions, they fade to the background and become automatic. Learning these excellent Inner Parent habits early allows you to concentrate fully on your session dynamics in the future without small details getting in your way.

### ***Step Three: Send One Sample Session to Me for Evaluation.***

This is more important than you might realize, and many practitioners don't do this. I think they are afraid of something I might read or something that "they say" in their sessions: oh nooooooooooh!

First of all, I've seen it all, and second I'm not reading what "your Inner Child says" anyway. I'm checking to see if you are following the 23-Tips. If you aren't, I can see it in 2 seconds and I will let you know.

The session format is important for many reasons, one of which is specifically so another person can read and evaluate your sessions; for example, me or perhaps a therapist. Making sure you are formatting your sessions correctly from the start is super important.

I will check your sessions for form and format. Most people are doing at least one or two things "wrong" and some even more. So, get corrected early and do it right from the start. If your sessions are not formatted correctly or readable, I will tell you. This is a good thing. I care and want you to get a proper start.

Also, I can definitely tell you that your Inner Child knows exactly if you aren't following the 23-Tips, so don't think you are fooling anyone if you aren't.

I find this is one step where some practitioners fall back into the river. They seem to take offense if I "correct their sessions" for some reason and this is enough for their

Inner Parent to spin out and stop sessions. Don't do this. Having your session formatting corrected early will save you lots of heartaches later.

Currently, emailing is the preferred method. All you have to do these days is take a photo of the pages with your phone and Email them to me. Do your best to make each photo one full page of your session and format the photos so they are aligned correctly to read.

#### ***Step Four: Practice Your Second Week of Daily S/P Sessions***

Once you have completed your second week of SELF-Parenting with nice formatting, you have a decision to make as the Inner Parent. I found in the early days that many practitioners did the first two weeks in the book, and then simply stopped. They thought they were through. Somehow, they missed the part that Self-Parenting is an ongoing daily process and they were nowhere near crossing any river.

My original thinking was that the reader would easily be able to understand how important Self-Parenting was and simply keep going forever with his or her own sessions; little did I realize

Just so YOU know, you are supposed to keep going with your daily Self-Parenting sessions after the 2 weeks of sessions provided in the book. For this you have to make a choice. (Any choice is correct.)

You have three options:

- 1) You may repeat the first two weeks questions again. Do this if you are unsure of your Inner Parent's ability or experience OR if you had trouble implementing all of the 23 Tips. This is totally fine, and you will certainly get different and/or deeper answers to the same questions with two weeks of prior Self-Parenting experience under your belt.
- 2) Get the *Personal Questions Module* and use the various questions to continue your own sessions. Do this if you are a "slightly unsure" as an Inner Parent and would like to be secure in the confidence of asking "proper" questions of your Inner Child. This is a even more gentle approach to "crossing the river" and certainly fine. It just costs a little bit more for the additional safety net that you may not even need.
- 3) Follow the *A Dialogue Template: An Easy Method to Ask Questions in Your Daily Session* article on the web site and start asking your own questions. Do this if your first 2 weeks of sessions went well and you feel confident as an Inner Parent.

#### ***Step Five: Practice the Self Esteem Module***

After you have practiced sessions for about a month, get the *Self-Esteem Module*. You can also click the button on the website which takes you to an invoice. You do not need a PayPal account to purchase, just a credit card.

The Self-Esteem Module is a huge step forward in your Self-Parenting experience. It gives me great pleasure to offer such a positive experience so early in your work with such complete safety.

I've kept this process secret for 33 years and no one yet has violated this trust or made it public, so I trust you will do the same. This S/E technique was my original discovery

and it's just a perfect way for you to get a super booster shot and gain some deep confidence in SELF-Parenting before tackling the Early Family Module.

Practice this module for 2 to 3 days a week until you have gone through it at least once. It's easy and it's effective. This is the biggest rock in the river. Just make sure to read the S/E introduction through twice, so that you are clear on how the process works.

### ***Step Six: Alternate Modules Sessions with Self-Created Questions***

The safest way to "ask your own questions" during the first three months is by using the Dialogue Template Question mentioned in Step Four. Using this method, as the Inner Parent, you will have no trouble "creating your own questions" because you are following your Inner Child's lead.

It is important that you strive to only ask "safe" questions as this is another way that early Self-Parenting Practitioners toss themselves into the raging river. Without realizing it, they begin asking "bad" questions using the negative style of their current Inner Parent and their Inner Child throws up such a stink they sabotage the whole process.

If you are having problems coming up with your own questions, you can order the Personal Questions Module. At this stage you should still only be asking questions and following the 23-Tips best practices until you reach Intermediate Status.

Between the *Self-Esteem Module*, the *Dialogue Template*, and the *Personal Questions Module* (if you need it), you will have plenty of material to keep your Self-Parenting sessions interesting and inspirational.

### ***Step Seven: Read P.E.T: Parent Effectiveness Training by Thomas Gordon***

Somewhere during this time, begin reading [P.E.T: Parent Effectiveness Training](#) by Thomas Gordon. This book is very important to your Inner Parent's understanding of the S/P process. Moreover, it is VERY informative. It will open up your Inner Parent to the power and potential of positive Self-Parenting.

If your primary language is not English, you can likely find this book translated into your native tongue, which will be a big advantage. (Check on Amazon.)

Three things are extremely important about P.E.T.

- 1) The 12 Roadblocks in the back of the book are the most important thing you must study and learn so that you can STOP using them as an IP with your Inner Child. Read them repeatedly until you recognize and know them well and can hear when you are using them as an Inner Parent.
- 2) As you read P.E.T., mentally substitute the words "Inner Parent" when you read "parent" and "Inner Child" when you read "child." This will be very constructive and informative for your Inner Parent.
- 3) You are advised to read this book at LEAST 3 times in your first year of Self-Parenting. Every time you do, your Inner Parent will take huge leaps in understanding how crucial its role is within the Self-Parenting process.

### ***Step Eight: Practice the Early Family Module***

After you have finished the Self-Esteem Module, and hopefully after you've read P.E.T., begin practicing the Early Family Module. Practice these sessions 2 to 3 days a week until you have finished the entire series.

If you go through this module and don't have any major problems arise, then you are probably clear as far as family issues goes. If you had a harsh outer parenting experience, this will do a lot to smooth and restore your Self-Parenting process. You are welcome to repeat this module again if you like. Its purpose is not to dredge up every little thing that went wrong in your childhood. It's meant to make a moderate review of your upbringing and let your Inner Child know that it can bring up anything it likes, and you well accept and acknowledge him/her by saying "TYICFTMT." The Inner Child holds the memories.

### ***Step Nine: Resolve 3 to 6 Major Inner Conflicts Using the Eight Steps of Inner Conflict Resolution***

This might be your toughest step. It was certainly the step that was most helpful for the Self-Parenting students who were part of live support groups when I was teaching and hopefully in the future zoom sessions I present.

The difficult part is learning to recognize the presence of a true Inner Conflict and being able to separate it from the "Inner Bashing" and "Inner Winging" that many practitioners go through. It is much easier if you have other people who can point this out.

Most people start off thinking that their "Inner Bashing" is an Inner Conflict. This is normal in the beginning and even expected. You will know this when your steps to resolving the Inner Conflicts do not produce any legitimate needs.

All you are hearing is "You are \_\_\_\_\_" vs. "No, you are \_\_\_\_\_". Or, "You should do \_\_\_\_\_." vs "I don't want to you should do \_\_\_\_\_."

Reread Part II, of the yellow book, and use the guidelines in Chapter 7 to work out each step when you experience an active Inner Conflict. You can also email me if you have a perplexing Inner Conflict to evaluate. If you resolve a good one, email me and tell me about it.

To be a successful Intermediate Practitioner, you must be very comfortable with diagnosing an Inner Conflict and be able to quickly apply the Eight Steps to resolve it.

It takes about 20 *successful* Inner Conflict Resolutions to become good at it. It takes 10 before you can start to tell you are having one, with the various body signs, etc., and it takes about 10 more to resolve, have it "sort-of work", and then have to resolve again.

For a true Inner Conflict, it will take three or four run-throughs of the complete Eight Steps before you "get it right." Rest assured that your effort and results will be well worth it.

### ***Step Ten: Register Your Achievement with The Self-Parenting Program***

Download the [Ten Steps to Intermediate Practitioner Form](#) from the website. That way I won't have to keep this report updated every time I tweak the Ten Steps. Now that the [Membership site](#) will soon be live, we can all follow your progress with joy and interest.

Once you make this leap in ability and knowledge and get to the other side of the raging river, you will arrive safe and dry, and will have changed your Self-Parenting Style in a magnificent way. Any questions email: [dr\\_john\\_pollard@selfparenting.com](mailto:dr_john_pollard@selfparenting.com).