

Ten Steps from Beginner to Intermediate SELF-Parenting Practitioner Level "Crossing the River"

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Step 1	Read SELF-PARENTING: The Complete Guide to Your Inner Conversations	1 week	Start Date:	End Date:
	This is the first step to becoming an Intermediate Practitioner. If you like the book, and want to experience the benefits it describes, this step typically provides the motivation to begin daily S-P sessions. Specifically this means Part 1 & Chapter 9. Print out this form and put it in your session book or on the wall.			
Step 2	Practice the First Week of Daily S-P Sessions	2 weeks	Start Date:	End Date:
	<ul style="list-style-type: none"> • Read Chapter 9 carefully. • Follow the 23 Tips article on www.selfparenting.com • Be consistent with your daily sessions. • Only ask questions • Do NOT dialogue as the Inner Parent with your Inner Child during the day. 			
Step 3	Send 1 Sample Session for Evaluation	20 Mins	Start Date	End Date:
	Take a quality phone picture and email one complete S/P session (as attachments) from your first week of practice. I will check it for form and format. I do not read it for content.			
Step 4	Practice Your Second Week of Daily S/P Sessions and decide how to proceed for the next 2 weeks.	2 weeks	Start Date	End Date:
	<p>Now, you have a decision to make with three options: (any choice is correct!)</p> <ol style="list-style-type: none"> 1. You may repeat the first two weeks questions from the book again. Do this if you are unsure of your sessions or have had trouble implementing all of the 23 Tips. 2. Optional: Get the Personal Questions Module and use the sample questions to create your own sessions. Do this if you are a "slightly unsure" and would like the confidence of approved questions. 3. Follow the Dialogue Template: An Easy Method to Ask Questions in Your Daily Session article on the web site to start asking your own questions. Do this if you are confident that this will be easy for you and your sessions are going well. 			
Step 5	Practice the Self-Esteem Module	1 Month	Start Date	End Date:
	Now that you have practiced S/P sessions successfully on your own for one month, get the S/E Module . Practice these questions 2 to 3 days a week until you have gone through it once. This will magnify your Self-Esteem with your Inner Child in a big way. Do the S/E Module three days a week every other day interspersed with your own sessions from the P/Q Module, using the Dialogue Template Questions , or Resolving Inner Conflicts .			

Step 6	Practice a Full Module Day Session Alternating Every Other Day with Dialogue Template Questions	3-6 Months	Start Date	End Date:
<p>The best way to make up your own sessions during the first three months is by using the A Dialogue Template Question as described in Step 4. When you follow these three steps as the Inner Parent, you will have a very happy Inner Child.</p> <p>If you have any problems coming up with your own questions, you can order the Personal Questions Module. You should still only be asking questions and continuing to follow the 23 Tips best practice until you reach Intermediate Status.</p>				
Step 7	Read P.E.T: Parent Effectiveness Training by Thomas Gordon	4 - 6 weeks	Start Date	End Date:
<p>Somewhere during this time, begin reading P.E.T. outside your sessions. This book is very important and informative for your Inner Parent's understanding of the S/P process. It will open up your Inner Parent to the power and potential of positive S/P. As you read it, mentally substitute the words "Inner Parent" for "Parent" and "Inner Child" for "Child."</p> <p>If you primarily speak a foreign language, you can probably find this book translated into your native tongue, which will be a big advantage.</p>				
Step 8	Practice the Early Family Module	4 - 6 weeks	Start Date	End Date:
<p>After you have finished the S/E Module, and hopefully after you've read P.E.T., begin practicing the <u>Early Family Module</u>. Practice these sessions 3 days a week until you have finished them all. If you go through this module and don't have any major problems come up, then you are probably clear as far as this goes. If you had a harsh outer parenting experience, this will do a lot to smooth your S/P process and you are welcome to repeat this module again if you like.</p>				
Step 9	Resolve 3-6 Major Inner Conflicts Using the Eight Steps of Inner Conflict Resolution	3 - 6 months	Start Date	End Date:
<p>This might be the toughest step. The hard part is learning to recognize the presence of an <u>Inner Conflict</u> and being able to separate it from the "Inner Bashing" that many early practitioners' practice. Reread Part II, of the yellow book. Use Chapter Seven to follow each step to solve an active Inner Conflict. Email at least one Inner Conflict for evaluation. 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.</p>				
Step 10	Register Your Achievement with The Self-Parenting Program	2 weeks	Start Date	End Date:
<p>Keep a record of your dates of completion for each step. Send in your early sessions and Inner Conflicts for evaluation. When you have completed each step, send me this form to evaluate and recognize your progress as an Intermediate Practitioner of the Self-Parenting Program.</p> <p style="text-align: center;">CONGRATULATIONS!</p>				