

A.C.A.L.M.E.R.M.E

**C IS FOR CONSCIOUS
CONVERSATION**

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When our Conscious Adult Self and our Wounded Inner Child have a Conscious Conversation we're empowered to soothe, calm, and soften our fear-based memories.

Our Conscious Adult Self is a kind and mature protector. We may not have had someone like this in our lives when we were children but it's time now for us to become that protector for ourselves and manage our emotions with grace and dignity.

When our emotional needs in childhood are not met, we spend a lifetime hoping someone will come forward, recognise our pain, and save us. Have you ever done that? I know I have. But we must learn to tell ourselves - and truly mean it - what we once longed to hear from someone else:

- You matter.
- You are wanted.
- You are loved.
- You deserve to be here.
- I'm *glad* you're here.

When emotional chaos and disruption have formed the basis of our earliest emotional experiences we must learn to self-validate.

When fear and anxiety surface, it's the perfect moment for our Conscious Adult Self to step forward and affirm, 'I've got this, I'm safe. Whatever happens next I'll be OK.' This is the day we save

ourselves. Our Wounded Inner Child no longer needs to suffer in fear.

What would your Wounded Inner Child like to say to your Conscious Adult Self? Maybe something like:

Dear Conscious Adult Self,

It's me, (fill in your name). I want to speak to you about how we manage our fear. Next time I feel worried, triggered, or overwhelmed, I'd like you to take control. Please interrupt our fear response and look after us.

Say it in your own words. It doesn't have to be perfect or poetic, it just must be honest. You don't need to create a new name or identity for your Conscious Adult Self. You *are* your Conscious Adult Self, and you are also your Wounded Inner Child. Your Conscious Adult Self knows what - and who - caused your dysregulated feelings. And it knows these feelings are not your truth.

Allowing your Conscious Adult Self to stay aware of potential triggers prepares you to consciously manage your emotional responses. It gives you space to think clearly instead of reacting automatically from the fear-based perspective of your wounds.

Don't let your Wounded Inner Child take the wheel. Stop. Think. Be aware. This is not the anxious fear of hypervigilance. This is the cool, calm, collected energy of common sense and conscious awareness. Because if you're not conscious... what are you? You're unconscious! Other words for unconscious? Unaware. Oblivious.

Asleep. Do you really want any of those in charge when you're feeling nervous, unsure, or scared? Of course you don't.

You want to be:

- Aware
- Awake
- Logical
- Purposeful
- Sensible

That's what being conscious looks like.

A conscious conversation with our Wounded Inner Child is essential if we're ever going to end the emotional tsunamis of panic and anxiety that threaten to overwhelm us. When we *don't* consciously intervene, our fear-based memories provide endless material for our Wounded Inner Child to have lonely conversations with itself reinforcing old messages:

- I don't matter.
- I can't do it.
- I'll never be good enough.
- Look at all my mistakes.

That is an unconscious autopilot dialogue. It was born from trauma. It is not the conversation we are having with ourselves anymore.

CHALLENGE IT TO CHANGE IT JOURNAL PROMPTS

CONSCIOUS CONVERSATION

When fear surfaces and old programming takes over, we can fall back into unconscious dialogue - the voice of panic, helplessness, and past pain. But when we consciously interrupt that dialogue, we give ourselves a new voice.

- A voice of calm.
- A voice of self-trust.
- A voice of emotional freedom.

Below are examples of how unconscious dialogue sounds and how Conscious Conversation responds:

Unconscious Dialogue says:

I'm not safe!

Conscious Conversation says:

There's no danger here.

Unconscious Dialogue says:

I might suffer if I don't do what they want.

Conscious Conversation says:

This will pass.

Unconscious Dialogue says:

They say it's for my own good.

Conscious Conversation says:

I have my own opinion about what's best for me.

Unconscious Dialogue says:

I can't cope.

Conscious Conversation says:

I am an extraordinary copier.

Unconscious Dialogue says:

I need someone to look after me.

Conscious Conversation says:

I look after myself.

Unconscious Dialogue says:

I can't walk away. I'll look weak.

Conscious Conversation says:

Walking away is the best option to maintain my peace, integrity and dignity.

Unconscious Dialogue says:

They'll judge me.

Conscious Conversation says:

I don't fear judgement from others.

Unconscious Dialogue says:

I will have the last word.

Conscious Conversation says:

I don't need to have the last word.

Unconscious Dialogue says:

I must fight to be seen and heard and get my needs met.

Conscious Conversation says:

I'll meet my own needs, in my own way, in my own time.

What are some of your own examples?

Unconscious Dialogue says:

Conscious Conversation says:

Remember: when you catch yourself spiralling into unconscious dialogue stop, breathe, and let your Conscious Adult Self take the lead.

- You *are* safe.
- You *are* awake.
- You *are* powerful.

This is how you rewire your mind one conscious conversation at a time.

CONSCIOUS CONVERSATION IN ACTION

When we consciously ask ourselves 'am I choosing, feeling, thinking this because of my emotional history' we give ourselves the chance to challenge what we're choosing, feeling, and thinking - and change it.

In the past, you may have found yourself caught up in unconscious dialogues when faced with overwhelming situations. That's normal. That's survival. But now, you have a new skill; you can practice having Conscious Conversations with yourself anytime, anywhere, with anyone.

Next time you're speaking - whether out loud or in your mind - be aware of your voice. Listen to it.

- Is fear talking?
- Is old pain talking?
- Or is your Conscious Adult Self taking care of you?

Remember, if we're not changing it, we're choosing it. Pull yourself back from the old streams of unconscious, fear-based dialogue that once ran your life. Think about what you're saying. Choose to say something different.

You can practice having Conscious Conversations with yourself every day, so that when feelings of fear, panic, or anxiety begin to rumble on the horizon, you'll already know how to hold back your fear response and speak to yourself with strength, calm, and self-trust.

If you ever need inspiration, refer to the list of Conscious Conversations you just created. Keep practicing. You're not just thinking differently, you're *becoming* different.

**“THE PENDULUM OF THE MIND SWINGS BETWEEN
SENSE AND NONSENSE.”**

CARL JUNG

When we live in awareness, we catch the pendulum when it swings into unconsciousness. We feel it moving between clarity and confusion, between emotional truth and emotional distortion. Calmness slows the pendulum. It's the steady hand on the clockwork of our mind, allowing us to think, breathe, and respond rather than react. When we have calmness, we have conscious choice. We have the power to stay anchored in peace, even when fear, overwhelm, or old memories try to swing us into panic.

Calmness is not about never feeling fear. It's about meeting fear and choosing to stay steady anyway. As you practice A.C.A.L.M.E.R.M.E, you'll learn that calmness is not something that "happens" to you, it's something you choose, moment by moment, through your awareness, your breathing, your words, and your inner dialogue. You can call calmness into your mind and body even when chaos is all around you.

CHALLENGE IT TO CHANGE IT JOURNAL PROMPTS

CONSCIOUS CONVERSION IN ACTION

- Use the list of Conscious Conversations on the previous page plus your own examples and write/type in your workbook/journal the Conscious Conversation you'll have with your Wounded Inner Child next time your past experiences try to take control of your present peace.

Wherever you are on your road to emotional freedom, write your letter in a way that nurtures, protects, and prioritises you first and foremost. If you feel yourself becoming triggered while writing, pause and practice awareness. Change the conversation you're having with yourself. It's hard being an adult when part of you is still waiting to be parented. Have realistic expectations of yourself as you do this work. You're learning to become your own greatest protector. No blame, no shame, only awareness.

Gentle Note: There is no "perfect" letter. There's only your voice, meeting your pain with your love. That's more than enough.

Dear Wounded, Inner Child...

When you've finished your letter have a think about these two journal prompts:

- What have you learned about Conscious Conversations.
- What will Conscious Conversations help you remember about yourself when fear tries to take over.

Conscious Conversation is our second step.

