

### Some Steps in Transforming and Integrating Recovery Issues in Healing Our Child Within

Recovery Issues	Early	Middle	Advanced	Recovered
1) Grieving	Identifying our Losses	Learning to grieve	Grieving	Grieving current losses
2) Being real	Identifying our real self	Practicing being real		Being real
3) Neglecting our own needs	Realizing we have needs	Identifying our needs	Beginning to get our needs met	Getting our needs met
4) Being over-responsible for others, etc.	Identifying boundaries	Clarifying boundaries	Learning to set limits	Being responsible for self, with clear boundaries
5) Low self-esteem	Identifying	Sharing	Affirming	Improved self-esteem
6) Control	Identifying	Beginning to let go	Taking responsibility	Taking responsibility while letting go
7) All-or-None	Recognizing and identifying	Learning <i>both/and</i> choices	Getting free	Freedom from all-or-none choices
8) Trust	Realizing trusting can be helpful	Trusting selectively	Learning to trust safe people	Trusting appropriately
9) Feeling	Recognizing and identifying	Experiencing	Using	Observing and using feelings
10) High tolerance for inappropriate behavior	Questioning what is appropriate and what is not	Learning what is appropriate and what is not	Learning to set limits	Knowing what is appropriate, or if not, asking a safe person.
11) Fear of abandonment	Realizing we were abandoned or neglected	Talking about it	Grieving our abandonment	Freedom from fear of abandonment
12) Difficulty handling and resolving conflict	Recognizing and risking	Practicing expressing feelings	Resolving conflicts	Working through current conflicts
13/14) Difficulty giving and receiving love	Defining love	Practicing love	Forgiving and refining	Loving self, others, and Higher Power

Recovery Issues	Transformed Into
Grieving past and current issues	Grieving current losses
Difficulty being real	Being real
Neglecting our needs	Getting our needs met
Being over-responsible for others	Being responsible for self, with clear boundaries
Low self-esteem	Improved self-esteem
Control	Taking responsibility, while letting go of control
All-or-none functioning	Freedom from all-or-none
Difficulty trusting	Trusting appropriately
Difficulty with feeling	Observing and using our feelings
High tolerance for inappropriate behavior	Knowing what is appropriate, and if not, asking a safe person
Fear of abandonment	Freedom from fear of abandonment
Difficulty resolving conflict	Resolving conflict
Difficulty giving and receiving love	Loving self, others and Higher Power