Week of 8/22/22 Journal Prompts

Do You Navigate People?

[VIDEO HERE](https://www.youtube.com/watch?v=qyxSX6gH-jY&t=21s)

The video covers the following four ways we can navigate others codependently. Each have their origins in the dysfunctional family system and are behaviors that are with us for good reason. Children need a safe environment to learn how to be direct and brave. None of us got such environments so we came up with these good strategies to get around emotionally dangerous situations. I’d like to focus the prompts around being more direct which isn’t fully addressed in the video.

#1 kill em with kindness

#2 head them off at the pass

#3 check it out x5(not trusting)

#4 sneaky questions

If codependency is unclear for you, you can check out this video the goes into more defining it.

Codependency Video [HERE](https://www.youtube.com/watch?v=y02Br6-M6mQ)

If the prompts are confusing or you get stuck, ask me about it by using the Q&A form.

**<https://docs.google.com/forms/d/1ig-H7lkqQkLApaXDOU5w_xie-gr2hpcx5bpg4eHqB7M/edit>**

**Journal Prompt 1** For each of the ways of navigating others that resonate with you, write down three examples, past and present, of when and how you’ve done this. It can be both in childhood and adulthood.

EXAMPLE

*“For #3, I would:*

*\*Need to remind dad every day when school started because he would be hungover and was my ride*

*\*I now do this with my partner who also has issues with being late*

*\*If I didn’t give my parents reminders about their anniversary and my siblings birthdays”*

**Journal Prompt 2** For the examples you gave, what needed to happen or what does need to happen about the issue.

EXAMPLE (related to Prompt #1 example)

*\*I needed my father to get sober and show up as the parent who knows when I need to be there so I could just be a kid.*

*\*My partner and I need to get unstuck from our codependency and dysfunction.*

*\*I needed my parents to get calendars and communicate like healthy parents and not let me be “so mature” by being their little secretary or personal assistant. That was a set up.”*

**Journal Prompt 3**

When trying to not engage in any of the four navigating behaviors, **what is scary** to your inner child about being **very** direct in the following scenarios? (Potential conflict or disasters).

\*Correcting a boss on them misspelling your name, or getting your role wrong, *instead letting it go or navigating them by saying “oh…you have so many people working for you I get it,”* which is like (heading them off at the pass.)

\*Stating preferences point blank with others. (I’m really in the mood for pizza) Instead of giving them a list of options to make them feel more accommodated. (kill em with kindness)

\*Bringing up a concern directly instead of trying to not seem a certain way to the other person? (Sneaky questions for safety)

\*Asking about something *once* directly and then letting it go after allowing for more trust, or letting something fall apart. (confirm x5)

**Journal Prompt 4** Once you get a sense of the inner child’s fears about being more direct or working on being less controlling, does your *inner adult* struggle with the same fears?

In other words, is your inner adult able to see the dysfunction in how your inner child wants to behave about these things?

This can hard to answer for some. Often our inner adult in too aligned with the inner child’s belief system.

If the inner adult does not believe that it’s ok to clarify with a boss, or be a little bit selfish about getting pizza or trusting other’s after asking them once or bringing something difficult up directly then parenting the inner child won’t work right now.

What needs to happen first is getting your inner adult to buy into that those things are ***ok*** to do. Many people need help with this. Much of the work is about getting the inner adult in shape to change our mind about things.

**Journal Prompt 5** How might the following things feel like to you? Imagine or dream a little.

1. Clarifying or correcting another person in a graceful way without awkward, freaked out, or guilty feelings. *Knowing we are a good person no matter what.*
2. Stating preferences freely without fear of being selfish. *Knowing there is given room and space for us.*
3. Bravely asking about concerns or things we are curious about without fear of how it will be received or how it looks? *Knowing that how you get to know others and vice versa.*
4. Trusting others or the world so much that we can let things fail and deal with whatever comes of that? *Knowing that the horrific disasters in our childhood are nothing like dealing with our present lives.*