

Drama and the Inner Child & 2 Letters Exercise

Please close your eyes. Take a full... deep... invigorating breath....and again....

In honoring the grieving child, where have you acted in a dramatic way? Is there a place where your little child has acted out in a dramatic way? Is there somewhere here your little child has not grieved fully what happened to him/her long ago, and this child is reacting to it now. Are you fully recognizing the irretrievable loss or lack of something that has happened? It is time to discuss with this child, "We are going to have to face this.... where this loss has happened. It's okay... we are going to address this."

The second place drama exists, is wherever that drama has been going on in your current life, whether it has been repeated codependent behavior, or act that you have done. It is now time to express in the present, any anger or accountability. It is time to speak to the current person in a mature manner. So see if there is anger to be expressed for any accountability to be expressed....

I want you to identify a specific place in your life where you have been dramatic . Where you have scared somebody... or tried to silence them through your behavior... where you were controlling... where you were blaming another for what you were feeling,.... attempting to make them feel guilty via emotional blackmail.... Where you were violent, aggressive, out-of-control... or punishing... where you were hiding your true feelings by being overdramatic... where you were holding onto a resentment and resorting to the silent treatment.... or really holding that grievance and deep resentment and dark energy towards the other...having ill thoughts towards the other...where you insist that you were justified in what you did....anything that jumps out at you. These are examples of drama.

Two letters:

1. Write a letter to the little girl and have an agreement with her..."We are going to deal with this directly...this is the real issue that has to be grieved. We have work to do. We are going to isolate the drama... grieve... and treat the real issue from the past.
2. Write a letter to the adult in a more mature manner. Communicate to the other in question, from a place of mature Anger and mature Amends.