



## CHILD CORRECTION EXAMPLE

**Thought:** “But it might not work out.”

**Feelings:** Fear, Pain, Shame

**Ego State:** Child

**Core Issue:** Safety/Exposed

### Full Correction:

I know you think, “but it might not work out” and this makes you feel Fear, Pain, and Shame.

It makes sense that you think and feel this way. You learned this from Mom and Dad because they always saw the downside in everything. They never took any risks in life or made any big changes because they were scared that something bad would happen. Mom would also always tell you “better safe than sorry!” when you wanted to try something new. This led you to be scared of trying anything different because you thought that things wouldn’t ever work out. But I want you to know, it was not okay for Mom and Dad to pass those fears on to you. Those belong to them, and you can decide something different for yourself. Also, if something didn’t work out, you could always go back to doing what you’re doing now. And actually, it’s usually worth taking the risk, because you will likely learn something along the way. I know it’s scary, but I will protect you.

So from now on, if you think “but it might not work out,” you can come to me and I will take care of it. You don’t have to worry about this anymore. I’ve got us.

(After their response...) Thank you for listening to me. You can go play now, and I’ll see you later.