



TEEN CORRECTION EXAMPLE

Thought: "I should be further along by now."

Feelings: Anger, Pain, Guilt and Shame

Ego State: Teen

Core Issue: Perfection/Perfect

Full Correction:

I know you think "I should be further along by now" and this makes you feel Anger, Pain, Guilt and Shame.

It makes sense that you think and feel this way. You learned this from Dad. Dad was very successful growing up, and held you to an unreachable standard. He expected you to own your own business after college, and to make at least as much money as he did. He also always compared you to Steve (older brother). Dad would punish you when you didn't make as good of grades as Steve, and would say to you "Why can't you be more like your brother?" Now, you still think you should be further along because you're still comparing yourself to Dad and Steve. But I want you to know, it was wrong of Dad to do these things. He shouldn't have held you to an unreachable standard and he should not have compared you to Steve your whole life. Everyone is different, and it's okay to take your own path. There is no certain place you should be by now. You're exactly where you're supposed to be, and I will not hold you to the unreachable standards that Dad held you to.

So from now on, I will be in charge of handling how we feel about how far along we are. I will take care of that from here on out, and you don't have to manage it for us anymore.

(After their response...) Thank you for listening to me. You can go back to doing whatever you were doing, and I'll see you later.