

THE LOVE SCOUT

Relationship Therapist



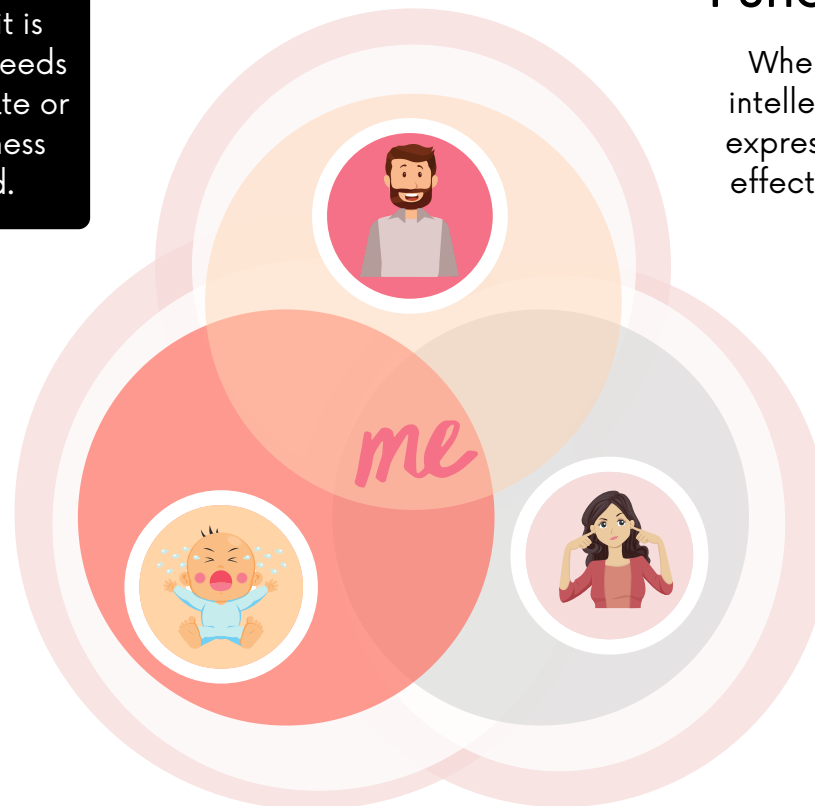
PARTS OF SELF

Through the lifespan we go through different developmental stages. However, when our needs are not met and we experience heightened emotional states we can temporarily regress. Understanding the different parts of self will help you regulate, take affirmative action and deal with others in a more functional and compassionate manner.

Remember: If a person is experiencing a strong feeling, it is likely they are not getting their needs met and lack the skills to articulate or self regulate. Lean in with kindness and ask them what they need.

Wounded Child

When a person regresses to their child state and gets stuck in their pain. This can result in sulking, tantrum throwing, stewing, crying, pouting, sooking.



Functional Adult

When an adult uses their intellect and skills to assert, express and communicate effectively and functionally in the world.

Adapted Teenager

When a person regresses to their teenage state and old defence/coping mechanisms. This can result in aggression, passive aggression, deflection, rebellion.