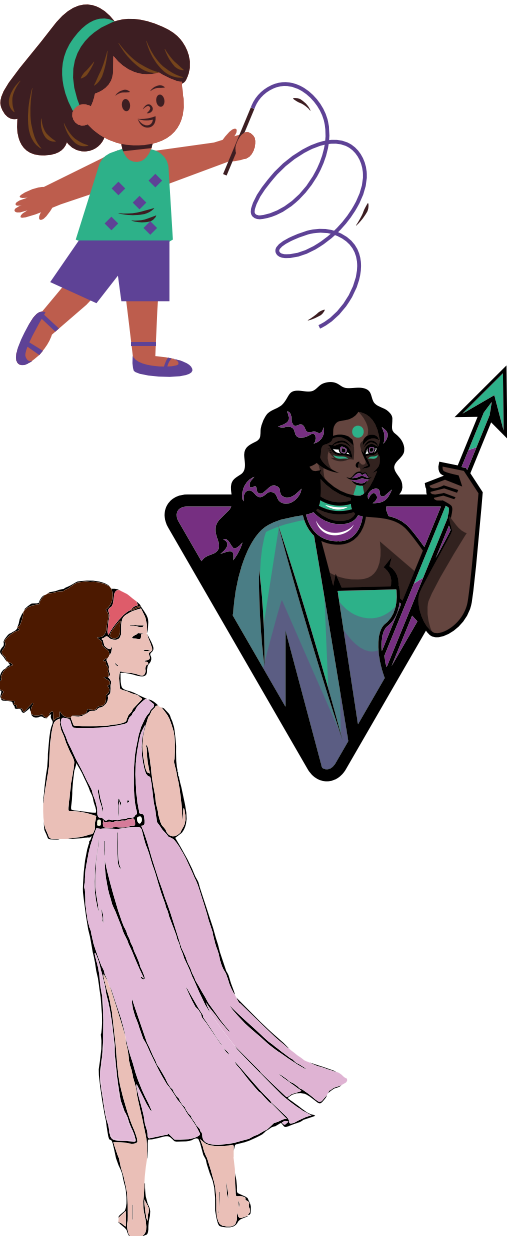


Understanding the "3 Selves"

Information influenced by Neuroscience, Trauma-Informed Care, and Attachment Theory



Child

Helpless; Under-resourced
& Easily-threatened.

Defender

Often the Dominate Player;
The persona we wear in the world;
Seeks to protect us from our child's
safety, unworthiness, & fear.

Adult

Most capable & mature self;
Us at our very best;
Treats emotions with care and
compassion.



Accepting Your Own Limitations

Information influenced by Neuroscience, Trauma-Informed Care, and Attachment Theory

Notice

Anytime you feel
"less than" or "better than."



Slow Down

Self-regulate; Breathe;
Name your emotion.



Acknowledge

Rather than judging &
criticizing, normalize your
humanity. We all face
negative emotions &
we all have shortcomings.



Embrace

Get comfortable with
discomfort. Discomfort is
a prerequisite for growth.



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