

8 STEPS TO INNER CONFLICT RESOLUTION

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Going through these 8 steps can help enormously with internal conflicts. The important attitude is respect for each parts' needs.

Step 1: Recognition by your Inner Parent that you have an Inner Conflict.

Signs: Immobilization by inactivity, indecision, or a constant internal dialogue with unpleasant feelings.

Step 2: Your Inner Parent makes a decision to positively Self-parent your Inner conflict by writing out your inner conflict.

The conflict is a conflict of needs, between (or among) your different selves which may be difficult to pinpoint, at first, without careful examination. Write down the entire dialogue to help you sort out the underlying needs of the selves.

Step 3: List the specific needs of each Inner Self.

Both sides must have their needs met to restore inner peace. Underlying seemingly outrageous demands are real needs. The child's primary needs are for emotional comfort, security, stimulation, physical contact, attention, approval, and acceptance.

Step 4: Once needs are clear, Selves must agree to help and support each other to satisfy those needs.

The desire to win at any cost must be given up. Sometimes this may be the hardest step.

Step 5: The Inner Selves search together for solutions to the inner conflict.

Brainstorming. Generate as many ideas as possible to meet the needs of the different selves. Make 2 columns, and list any solutions for either self, even if impractical or don't help the other self. You may need more information, or advice from experts, reading books talking to friends. Being willing to do whatever it takes is important.

Step 6: Your Inner Selves choose a mutually agreeable solution that meets each of their needs.

Some solution or combination of ideas will evolve from the step above. It may be the best-of-both-worlds solution, or a lesser-of-two-evils solution.

Step 7: Your Inner Parent and Inner Child (Or other selves) put the solution in motion.

Since each Self had a part in the solution, this can be easy.

Step 8: The Selves evaluate the solution to see how well it worked.

Were all involved Selves happy with the outcome? Or did one compromise to satisfy the other? Could anything be changed for the better? If the same problem came up tomorrow, would you do anything differently?

Dr. Jane Bolton, a marriage and family therapist, master results coach and contemporary psychoanalyst and is dedicated to supporting people in the fullest self expression of their Authentic Selves. This includes Discovery, Understanding, Acceptance, Expression, and Empowerment of the Self. Call 310.838.6363 or visit www.Dr-Jane-Bolton.com.