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**Episode 37: Removing Blocks to Personal Growth**

Chapter 14 in **How to Stay Married & Love It!** is titled, “Me? A Two- Year-Old?” We all have an immature, undeveloped, unconscious part inside that remains young. The characteristics are those of a human two-year-old. Adorable, funny, curious, and energetic but when told “No!” this amazing creature turns into a tyrant, out of control, demanding, irrational. We understand the “terrible twos” in children, but don’t like to recognize those same qualities in ourselves as adults.

As long as we remain unconscious of the immature, sometimes irrational parts in ourselves, we can’t adopt attitudes and concepts that enable us to grow into higher consciousness.

I took this a few steps further in **Your Inner Child: a Path to Healing and Freedom.** In that book I explained that there are actually two facets of immaturity. One I call the Perfectionist Child. She believes she can only be loved if she is perfect…pleases everyone perfectly, performs perfectly…living up to an artificial standard of perfection that never delivers what she hopes she will receive by doing her best to win approval from all directions. It’s an exhausting place from which to live.

The other aspect or facet is the Rebellious Child. This aspect gets sick and tired of living according to the Perfectionist’s rules and rebels with addictions, or days of cutting class or work, or over-spending, or any one of a hundred ways that bring temporary relief from the Perfectionist Child’s demands.

Some live primarily from the Perfectionist’s demands. Others live primarily from the Rebellious Child’s demands. But we all have both extremes inside of us.

The only way to use the benefits of both the Perfectionist and Rebellious Child’s assets (responsibility tempered with rest and fun) are to develop a Loving Parent part who will guide the use of the Inner Child’s best characteristics without allowing either aspect to be in charge.

Another way of describing this process is to move into higher consciousness…accepting the tendency we have to only want our own way; to demand others change; to respond with disrespectful anger when crossed; to manipulate others in order to get the outcome we want. When I stop trying to make others fit into the mold that suits me and focus on what I need to change about myself, I gradually let go of the attitudes and childish practices that keep me immature and unhappy.

As long as the world has to conform to the image I dictate, I will forever be the victim of circumstances and people who often refuse to please me.

One way of stating this is to accept that the world brings me the persons and situations that are meant to stimulate my personal growth. Sometimes those persons or situations are designed to help me accept my awesome value…how lovable and perfect I am as I am.

Other times those persons and situations are meant to trigger my negative reactions…my outrage that this thing should happen to me or that person would dare treat me that way!

For example, my late husband’s love for me helped me discard a childhood belief that I was unlovable. *AND*, his refusal to do everything my way challenged me to grow into a better version of myself.

You have my love and support on this amazing journey,



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