

# Ten Steps to the Intermediate Practitioner Level of the Self-Parenting Program

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Step	Title	Duration	Start Date:	End Date:
<b>Step 1</b>	<b>Read Self-Parenting: The Complete Guide To Your Inner Conversations</b>	<b>1 week</b>		
	Obviously, this is the first step to becoming an Intermediate Practitioner. If you like the book, and want to experience the benefits it describes, this step typically provides the motivation to begin daily S-P sessions. This specifically means Part 1 & Part 2.			
<b>Step 2</b>	<b>Practice the First Two Weeks of Daily S-P Sessions.</b>	<b>2 weeks</b>	<b>Start Date</b>	<b>End Date:</b>
	<ul style="list-style-type: none"> <li>• Read Chapter 9 carefully.</li> <li>• Follow the 23 Tips article on <a href="http://www.selfparenting.com">www.selfparenting.com</a></li> <li>• Be consistent with your daily sessions.</li> <li>• Only ask questions</li> <li>• Do NOT dialogue as the Inner Parent with your Inner Child during the day.</li> </ul>			
<b>Step 3</b>	<b>Send 2 Sample Sessions for Evaluation.</b>	<b>20 Mins</b>	<b>Start Date</b>	<b>End Date:</b>
	Fax, mail, or email as attachments, at least two of your S/P sessions (Xeroxed or scanned) from your first week of practice to me. I will check for form and format.			
<b>Step 4</b>	<b>Practice Second Two Weeks of Daily S/P Sessions.</b>	<b>2 weeks</b>	<b>Start Date</b>	<b>End Date:</b>
	<p>You have three options here:</p> <ol style="list-style-type: none"> <li>1. You may repeat the first two weeks questions again. Do this if you are unsure of your sessions or you have had trouble implementing all of the 23 Tips.</li> <li>2. Follow the Dialogue Template: An Easy Method to Ask Questions in Your Daily Session article on the web site to start asking your own questions. Do this if you are confident that this will be easy for you and your sessions are going well.</li> <li>3. Optional: Get the Personal Questions Module and use the sample questions to create your own sessions. Do this if you are a "slightly unsure" and would like the confidence of approved questions.</li> </ol>			
<b>Step 5</b>	<b>Practice the Self Esteem Module</b>	<b>4 - 6 weeks</b>	<b>Start Date</b>	<b>End Date:</b>
	After practicing sessions for about a month, get the <b>S/E Module</b> . Practice this 2 to 3 days a week until you have gone through it once. This will solidify your Self-Esteem with your Inner Child in a big way.			

<b>Step 6</b>	<b>Alternate Modules Sessions w/ Self-Created Questions.</b>	<b>4 - 6 weeks</b>	<b>Start Date</b>	<b>End Date:</b>
	The safest way to practice your sessions during the first three months is by using the <b>Dialogue Template</b> mentioned in Step 4. Using this system, you, as the Inner Parent, should have no trouble "creating your own questions." If you are having problems coming up with your own questions, you should order the Personal Questions Module. You should still only be asking questions, and continuing to follow the 23 Tips best practice until you reach Intermediate Status.			
<b>Step 7</b>	<b>Read P.E.T: Parent Effectiveness Training by Thomas Gordon</b>	<b>4 - 6 weeks</b>	<b>Start Date</b>	<b>End Date:</b>
	Somewhere during this time, begin reading P.E.T. This book is very important to your Inner Parent's understanding of the S/P process. This book is very informative. It will open up your Inner Parent to the power and potential of positive S/P. As you read it, mentally substitute the words "Inner Parent" for "Parent" and "Inner Child" for "Child." If you primarily speak a foreign language, you can probably find this book translated into your native tongue, which will be a big advantage.			
<b>Step 8</b>	<b>Practice the Early Family Module</b>	<b>4 - 6 weeks</b>	<b>Start Date</b>	<b>End Date:</b>
	After you have finished the S/E Module, and hopefully after you've read P.E.T., begin practicing the Early Family Module. Practice these sessions 2 to 3 days a week until you have finished them all. If you go through this module and don't have any major problems come up, then you are probably clear as far as this goes. If you had a harsh outer parenting experience, this will do a lot to smooth your S/P process and you are welcome to repeat this module again if you like.			
<b>Step 9</b>	<b>Resolve 3-6 Major Inner Conflicts Using the Eight Steps of Inner Conflict Resolution</b>	<b>3 - 6 months</b>	<b>Start Date</b>	<b>End Date:</b>
	This might be the toughest step. The hard part is learning to recognize the presence of an Inner Conflict, and being able to separate it from the "Inner Bashing" that many early practitioners practice. Reread Part II, of the yellow book. Use Chapter Seven to follow each step to solve an active Inner Conflict. Email at least one Inner Conflict for evaluation. To be a successful Intermediate Practitioner, you must be very comfortable with diagnosing an Inner Conflict and be able to quickly apply the Eight Steps to resolve it.			
<b>Step 10</b>	<b>Register Your Achievement w/ The Self-Parenting Program.</b>	<b>2 weeks</b>	<b>Start Date</b>	<b>End Date:</b>
	Keep a record of your dates of completion for each step. Send in your early sessions and Inner Conflicts for evaluation. When you have completed each step, send me this form to evaluate and recognize your progress as an <b>Intermediate Practitioner of the Self-Parenting Program.</b> CONGRATULATIONS!			