

## The 23-Tips of the SPP

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1. I recommend practicing sessions in the morning right after you wake up. Anything later will dilute the value of your sessions. If this is difficult for you, I can only say that everyone who has made the switch to morning sessions has benefited immensely. Practicing sessions before you go to bed is not recommended because sleeping will dissipate the positive energy you create.
2. Record your sessions on ruled A4 or US letter paper. Keep your sessions in a special binder used only for that purpose. You will need the binder later to keep your modules. I also strongly suggest you "three-hole punch" any materials such as newsletters or modules and keep them in your folder as well. For tracking SPP sessions, Steno pads, writing paper, etc., are not acceptable.
3. Draw a line down the center of the paper. Put the session #, the day, and date at the top of the page. Use the left side of the page for the Inner Parent questions and the right side for the Inner Child responses.
4. Always begin your session with the "Opening." (Page 183) This must be spoken OUT LOUD by your Inner Parent.
5. Ask each question OUT LOUD. As you ask the question, you must also write out the full question. I advise speaking and writing the words at the same time. Slowing down your question to match your writing speed takes some practice, but is worth it because this technique concentrates and clears your (Inner Parent) mind for the response of your Inner Child.
6. Drop down to the next line on your paper before writing the response of your Inner Child midway on the right hand side of the page.
7. Write whatever your Inner Child says EXACTLY as it says it. Whatever your Inner Child says in response to your questions, whether it's a one-word answer, a question, a long complaint about doing the session, or a scathing attack on you as the Inner Parent, copy it down exactly.
8. After you have finished writing down what your Inner Child says, drop down to the next line on the left to begin your response as the Inner Parent. This makes your sessions easy to read and analyze. See pages 98-99 in the book for examples.

9. Always respond to your Inner Child by saying, "Thank you, Inner Child, for telling me that," Out loud, no matter what your Inner Child says. This is crucial. You do not have to write these words each time. A good way to note that you have responded to your Inner Child in this way is to write the letters TY and circle them while you are saying the words out loud. Therefore each new Inner Parent question on the left should have a circled TY in front of it.

10. Resist any temptation to respond directly, as an Inner Parent, to your Inner Child during the session. This especially includes trying to answer questions your Inner Child might ask during the session or trying to soothe it because of an emotional answer it has given you. Some people think this is nurturing your Inner Child but it actually has the opposite effect. Always respond only with, "Thank you, Inner Child, for telling me that," even if your Inner Child asks a question.

11. Despite the above, you will often discover yourself automatically responding (as the Inner Parent) to your Inner Child's response. If you notice you are doing this, stop, apologize out loud as per page 188 of the book, and go back to the session questions. Do not worry when you do this; just be sure to apologize each time. Some practitioners have reported apologizing ten or twenty times during a session. For it's part your Inner Child will be impressed that you apologized and that you are finally becoming aware of your automatic responses to its viewpoints.

12. Like the above tip, you may also find yourself simply daydreaming during your session. When you catch yourself doing this, apologize out loud in a similar manner as previously described, except substitute the term "daydreaming." Many practitioners also experience this normally during the beginning three months of Self-Parenting. It is an Inner Parent issue that must be addressed.

13. Each session should last the full thirty minutes - no shorter, no longer. If you run out of time before the questions are finished, just stop for that day and begin the next day with the next set of questions. If you finish all the questions early, continue the sessions by asking, "Inner Child, is there anything else you want to talk about?" When it tells you say (after you say TYICFTMT) ask, "Inner Child, what do you want to tell me about that?" Whatever it says, simply respond, "Thank you, Inner Child, for telling me that." and repeat the same question until the thirty minutes are up. Your Inner Child will have answers for you.

A very important principle of the SELF-PARENTING Program is spending a full half-hour (no more) with your Inner Child. Finishing or quitting early is not a good idea even if it is the Inner Child's suggestion. Spending this time is what communicates to your Inner Child that you care. Your Inner Child may even test you by saying it wants to skip a session or quit early. If you stop the sessions early, you are communicating that someone or something else is more important to you than your Inner Child. If you extend your session past thirty minutes even at your Inner Child's suggestion, this is also a mistake.

14. After thirty minutes are up, read the closing out loud (page 192). This officially closes your session.

15. Very IMPORTANT: Gets certain people in big trouble. Once you have finished your session, don't try to speak or dialogue with your Inner Child during the day. Let the effect of the session integrate into your life however it happens. Trying to "work with" your Inner Child during the day about some vague "session issue" at any time during your first three months of Self-Parenting always creates additional problems. Typically, the "issue" is something that bothers the Inner Parent. Don't rehash anything inside your sessions outside your sessions with your Inner Child. This prevents you from re-stimulating the problem which only makes matters worse.

16. A definable Inner Conflict is a different circumstance than described in TIP 15. If you experience an Inner Conflict during the day, a definite conflict of needs, you must work it out as soon as possible. (If you cannot define the conflict of needs than you do not have an Inner Conflict.) In this situation follow the guidelines in Chapter Seven, preferably with the book open in front of you. After resolving fifteen to twenty Inner Conflicts you will have the steps down pat. You may wait until your next half-hour session but it is always best to resolve a true Inner Conflict as soon as you become aware of it. Dr. Pollard's second book (the "blue book"), The Self-Parenting Program, also has valuable information on "Inner Bashings" versus resolving Inner Conflicts.

17. It is very helpful to meet with a support group or a therapist (one who is personally practicing the SELF-PARENTING Program) during your early days. A support group can give you a place to share your experiences with others. A therapist can help you clarify difficult issues you may encounter due to your upbringing. Self-Parenting is very simple, yet powerful. If the effects of your sessions aren't mostly positive, then you are doing something incorrectly or you may need additional help.

18. Reread the Yellow Book occasionally. There is a wealth of words within its pages that will enrich your Inner Parent each time you read it.

19. Further your development with more modules. They are specifically designed to deepen your experience practicing the SELF-PARENTING Program. There is now a suggested order, which will guide you gently to the advanced levels of Self-Parenting.

20. Attend or organize a support group in your area. This is a guaranteed way to improve and develop your Self-Parenting style.

21. I do not recommend writing out sessions with the opposite hand because this adds counterproductive complexity to the Self-Parenting process. (This could have value in other situations, such as seminars or "inner child" work.) Nor do I recommend doing sessions with a tape recorder. I also don't recommend using a typewriter or word processor because it interferes with the flow of your session. If you do the sessions using the correct formatting, they can be evaluated and verified properly by a third-party.

22. To continue daily sessions you must learn to make up your own questions. The reason only two weeks of questions were put in the book was to encourage you to begin asking your own questions while the newness of the process is still strong. You may ask your Inner Child any question on any subject. Keep your questions simple, based upon your life experience. But remember, after you ask any question, your only response should be, "Thank you, Inner Child, for telling me that."

23. If you are unsure about starting to ask your own questions you may repeat the questions from the "yellow book" Self-Parenting: The Complete Guide To Your Inner Conversations, over again. It is normal to get different answers to the same questions. You can also repeat sections of any module and you will get different answers to the same questions. However, don't repeat these questions more than twice. If you are having problems with questions, get a module. That's why they were written.

If you are still having trouble or are unsure about starting to ask your own questions start with the PQ Module.