

Why the Work Ain't Working



FIND REASON THERAPY

Counselling and Psychotherapy



**“YOU THINK YOU’RE WORKING
WITH YOUR INNER CHILD... BUT
WHAT IF THAT’S NOT THE PART
RUNNING YOUR LIFE?”**



**Wounded.
Adapted.
Abandoned.
Reclaimed.**



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THE TRUTH THAT BENDS MINDS

“You think you’re working with your inner child...
But what if that’s not the one running your life?”
You’ve been trying to heal the Wounded Child...
But you forgot the one who took over.
The Adapted Teenager, still stuck on guard duty.





ABANDONED

What happens when the
teen leads too long

THE TRAUMA TRIANGLE WITHIN

**WOUNDED
CHILD**

The one who was impacted

**ADAPTED
TEEN**

The one who took over

WOUNDED CHILD

The one who was impacted.

Powerless, Unsafe,

Shamed for their needs

Blamed for their feelings

“I needed care. I didn’t get it.”

Note: This part gets frozen. Collapses. Was overrun.

But you work hard not to go there.

Because another part had to step in and stand
between you and the pain.

THE ADAPTED TEEN

The one who stepped in to survive.

Took over

Hid, avoided, numbed

Controlled, perfected, disconnected

Said: “I don’t have a choice. I have to do this
alone.”

“If I’m strong, useful, or in control, I’ll stay safe.”

“If I disappear, over-deliver, or sabotage...
I won’t get hurt.”



THE ABANDONED TEEN

You didn’t just abandon the wounded child.

You also abandoned the one who adapted.

They too never got to be seen.

But you became them.

The Adapter runs your life and you never met them
with compassion.

And no one has told them:

“You can stop now. You’re safe.”

THE RECLAIMED SYSTEM

Reparenting

Healing begins when:

You stop bypassing the Wounded Child

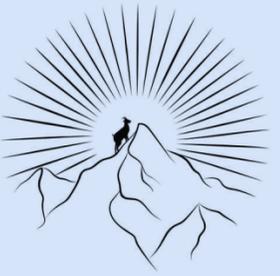
You stop identifying as the Adapted Teen

You reconnect both to the Functional Adult

“I see the one who was hurt.

I see the one who had to survive.

And I’m here now, to lead from truth, not trauma.”



THE WOUNDED CHILD

“The one who was impacted.”

- Unsafe
- Shamed
- Too much
- Never met with care





THE ADAPTED TEENAGER

**“The one who survived
for both of you.”**

- Took over
- Avoided feeling
- Overachieved
- Controlled everything





THE ABANDONED ADAPTER

“You didn’t just abandon the child... you left the adapter behind too.”

- She runs your life
- But has never been truly met
- Is still terrified





THE RECLAIMED SYSTEM

“This is where it changes.”

- You meet the child — not just analyse her
- You sit with the adapter — not just lead from her
- You become the Functional Adult — the one who can hold both

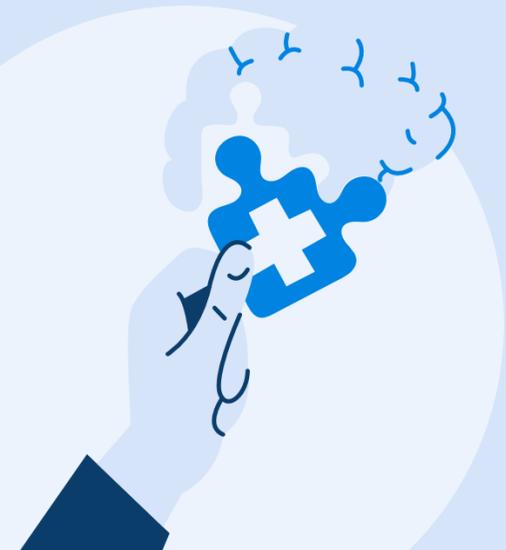


STEP 1

AWARENESS

What's the issue you're still circling?

- What emotion keeps rising?
- What's the "loop" that won't resolve?



STEP 2

MEET THE PART DOING THE WORK

Ask:

- What part of me is leading this work?
- Is it trying to prove, fix, or control?
- What's it afraid would happen if it stopped?

STEP 3

REENACTMENT REFLECTION

“How do I treat myself when this part shows up?”

- Am I pushing it?
- Shaming it?
- Abandoning it emotionally?

“Am I relating to this part the same way I was parented?”

STEP 4



REPARENTING MOMENT

Invite the Functional Adult to speak:

- What does this part actually need?
- What pace, tone, or truth would help it soften?

“I see you. You were never meant to do this alone.”

“You’ve done enough. You don’t have to keep proving your worth here.”

PART	EXPERIENCE	CORE WOUND
Wounded Child	Was hurt, shamed, or left	“I’m too much.” / “I don’t matter.”
Adapted Teenager	Took over to survive	“I need to keep going or we won’t be safe.”
Abandoned Adapter (not a new part)	What the Adapted Teen becomes when she’s never relieved of duty	“It’s all on me. No one’s coming.”



THE SURVIVAL SELF IN HEALING

Adaptive Teenager: *“Be better. Be useful. Fix it now.”*

Wounded Child: *“Please just help me not feel this.”*

Neither is your Functional Adult.



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