



ELM Medicine

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**Specialist Clinic. Internal Medicine. Infectious Diseases. Hepatitis B & C. Chronic Pain.
Lifestyle Medicine Clinic. Stress Reduction Clinic**

Dr. Atreyi Mukherji, MD, MPH, FRCPC

ELM Medicine - Stress Reduction Clinic

Childhood Wound Healing Exercise 3: Integration by Meeting Your Board Members

Instructions: Please write your answers in a journal for discussion (your choice), at your next session.

We are all a committee with different aspects of ourselves. Call a meeting today and meet your board members. Imagine them sitting around the table with you leading as the CEO.

The **CEO** is your adult self. We choose how to show up in the world as an adult. The CEO's character is chosen and created by us, rather than it being fate. Some of us don't know who we are, so we may need to create a vision of the CEO. If we didn't have good role models, we may need to choose people we admire as examples. The CEO's job is to listen to all the other board members (parts of yourself who may REACT) to situations in a certain way.

Some of the other board members are child parts of you. It's these child parts who are often 'stuck' due to past trauma. The child parts hold on to past hurts as a defense mechanism; erroneously thinking that it will keep you safe.

After carefully listening to all your board members, the CEO is the one who should 'RESPOND' not 'REACT' to current life situations. This takes awareness and practice, so be gentle with yourself.

1. Meet all your **board members** and write down in your journal. Is there an angry one, a critic, an inner abuser, a people pleaser, a joker? Is there one that wants to have fun, that is sad, hopeless, or is a bully, etc. Are these parts mimicking the behaviours of your parents or caretakers?
2. Now discover your **lost board members**. Are there parts of yourself you locked up in a dungeon, because they were disapproved of or not loved? Go meet them in the dungeon and talk to them. Better yet, invite them to have a seat on the board. These lost members are angry at you and frustrated, for being oppressed and shut off.

Acknowledgement: Arti Wu.



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3. Have a conversation with your board members. Ask them what they need from you. Be the person you needed when you were a child.

In closing, please take a moment to be compassionate towards yourself for completing this exercise. This can be heavy stuff.

Repeat the following 'Loving Kindness Meditation' 2-3 times, ideally in front of a mirror.

May I be safe
May I be strong
May I be free from inner and outer harm
May I be happy