

Our Inner Personalities

The concept of the inner child was created by Eric Berne. It became popular after his student wrote *I'm OK; You're OK*. Since this book came out a lot has evolved in this field. For the purposes of this meeting the following is the current concept.

At different stages of our life personalities are born. Sometimes around the issue of a traumatic event. These personalities are called “ego states.” Each of us has a cluster of personalities that reside in our unconscious until one or more of them is triggered. I will use myself as an example.

When triggered, the personalities sometimes take over, which is called disassociation. Other times we are aware of the personality that comes out and we can intervene. Control over the personalities will come with recovery and maturity.

Inner Child: She was born when I was four years old while being abused at my grandmothers house. I recognize her when I break out in tears and feel powerless.

Inner Teenager: This ego state was born when I was bullied at school. She is angry and fights with people. She is triggered when unjustly criticized or bullied.

Adult: This personality takes care of business and is usually even tempered and under control. She is an educator.

Enlightened Adult: This personality was born in recovery. She is spiritual, kind, generous and loyal.