

*Reparenting*  
guide booklet  
*for a*  
*community gathering*

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# Reparenting yourself during a community event

As much as any event can be exciting and fun, you will benefit from reparenting yourself throughout the experience.

Some ways you can reparent yourselves during an event:

- take frequent breaks
- notice your internal dialogue
- slow down to stay connected to the present moment

Everyone enters a community space with unique feelings, emotions, experiences, needs, sensitivities, activations, and desires. As in any part of your life, a community gathering is a beautiful opportunity to connect with yourself.

Long travel, early mornings, late nights, and group activities can lead to feeling overextended.

Taking care of your need for safety, love, and belonging is part of becoming your best inner parent.

When you check in with your inner self, you give yourself the gift of the present moment.

If it feels supportive, check in with your inner child and inner teen to see how they feel before, during, and after the event. You may also notice your inner critic and see how your critical voice is trying to protect you.

Three suggestions:

- Practice speaking to yourself in a loving voice
- Think of an affirmation you can say to yourself throughout the event
- Breathe

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Reparenting Journal Prompts  
for a community event events

1) What is your why? Why are you at this event?

2) How do you want to nurture yourself during the event?

3) How do you want to protect yourself during the event?

4) How do you want to guide yourself during the event? (Think of a guide as your inner mentor)

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5) What is your inner child feeling? How do you want to support her/them at this event? What is your inner child afraid of? What is your inner child excited about?

6) How is your inner teen feeling? How do you want to support your inner teen at this event? What is your inner teen afraid of? What is your inner teen excited about?

7) What is your inner critic saying? How is your inner critic trying to protect you?

8) Towards the end: What surprised you about the event? What do you want to take moving forward? What do you feel the most proud of? How do you want to support yourself during re-entry?

# Affirmations for your inner child

examples:

I will always protect you.

I listen to you.

You're allowed to have fun.

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

6. \_\_\_\_\_

Things I want to do/see/feel during the event



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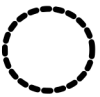
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I appreciate your interest in  
reparenting!



*Cybele*

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