

## Re-parenting Ourselves

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October 9, 2023



**Coach Myrna, October 9, 2023**

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In her book, *The Conscious Parent*, Dr. Shefali Tsabary says, "Through our children, we get orchestra seats to the complex theatrics of our immaturity, as they evoke powerful emotions in us that can cause us to feel as though we aren't in control—with all the frustrations, insecurity, and angst that accompanies this sensation." We have many opportunities to get upset, react, or get triggered throughout our day--with our boss or a co-worker, while driving in traffic, with a friend, or our spouse. However, children seem to have the unique ability to know how to push our buttons! I'd like to point out that this gives us the opportunity to re-parent ourselves.

There is a reason we are getting upset, giving in, or overreacting. Learning about what causes us to react and understanding why some things bother us more than others is an important part of parenting. Getting triggered is

when we have an intense physical or emotional reaction to an event or interaction. Often something our child or someone else says or does connects us to a difficult childhood memory.

We can begin by realizing that getting overly upset or triggered is something to pay attention to rather than be ashamed of. I like to think of such opportunities as "awakenings." These intense interactions uncover something in me that perhaps I already knew deep inside. Starting with this awareness, we can begin to see that there is more at stake than simply someone else's words or actions. At times, we can work through these challenges on our own, but sometimes we need the support of a friend, coach, or mental health professional, and that's okay.

***Parenting and grandparenting give us the tremendous opportunity to reparent ourselves! Reparenting means to work through emotions, habits and experiences from our past that stand in the way of being our best selves right now and make different choices in our current relationships.***

To do this involves:

- learning to avoid unnecessary conflict
- take responsibility for our less-than-ideal responses
- bring more empathy into our lives and
- grow together with those we care for and love

For more on this topic:

[www.prepare-enrich.com/blog/4-benefits-of-understanding-your-triggers](http://www.prepare-enrich.com/blog/4-benefits-of-understanding-your-triggers)

To purchase my book on  
Amazon: [www.amazon.com/gp/product/B09L7KS5VH](http://www.amazon.com/gp/product/B09L7KS5VH)

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*If you would like to know more about what I offer as a coach, please visit my website: [www.coachmyrna.org/](http://www.coachmyrna.org/) Find out more about Safe Conversations [www.coachmyrna.org/safe-conversations.html](http://www.coachmyrna.org/safe-conversations.html).*