

# WRITE YOURSELF INTO YOUR *Dreams*

## Additional Parent Letter Instructions

When writing ELS Letters with a parent, you'll follow the same instructions for writing ELS Letters with anyone, *as well as* the following additional instructions, which will enhance your benefits and effectively upgrade your parental modeling.

### 1. REVISIT YOUR CHAPTER 4 ELS WRITTEN EXERCISE.

Begin by writing the Expression Letter to your parent following the regular Instructions for Writing an Expression Letter. After writing your Expression Letter (and before crafting your Response Letter), go through your chapter 4 ELS Written Exercise responses regarding that parent and add any necessary anger or sadness statements. Make sure you've expressed anger or sadness for everything your parent modeled that negatively impacts your dreams. For example, if you identified in chapter 4 that your mom never shared her dreams with you, write in your Expression Letter: *I'm sad (or angry) that you never shared your dreams with me, and that you didn't provide me with a model for pursuing my own.* You would then answer that sentence with the following in your Response Letter: *I'm sorry that I never shared my dreams with you and that I didn't provide you with a model for pursuing your own dreams.*

Be sure to express your feelings about every need that your parent never met; each of the negative things they said to you (using the specific words they used); every negative quality, habit, and pattern that they modeled for you (including how they dealt with challenges, how they related in love, and how they related to dreams). Doing so will enable you to receive clear apologies in your Response Letter from them for any negative behavior or modeling in which they engaged. Writing your feelings about each of these things will also allow you to use The Negative Modeling Disengagement Formula to upgrade your parental modeling in a way that greatly improves your self-worth and the standards by which you allow yourself to be treated.

### 2. USE THE NEGATIVE MODELING DISENGAGEMENT FORMULA.

After following the Instructions for Crafting the Response Letter from chapter 5, you'll make changes to your Response Letter using The Negative Modeling Disengagement Formula.

When your parent modeled some (or many) things in a negative way, you may already know on an intellectual level that what they modeled wasn't okay, but in order to immediately and drastically reduce the pull to emulate or react against their negative modeling, you need to hear that it wasn't okay *directly from them*—through the Response Letter.

In every Response Letter you write with a parent, you should use The Negative Modeling Disengagement Formula to disengage from any pattern that no longer serves you, particularly those that are getting in the way of your dreams. You can use this formula to address things like: accumulating excessive debt, neglecting your health, failing to ask for what you need, sticking your head in the sand when faced with challenges, letting people take advantage of you, hiding your true feelings, and moving too quickly into long-term relationships.

The first piece of The Negative Modeling Disengagement Formula is an apology from your parent for the negative behavior they modeled. This apology will already be in your Response Letter because you converted your anger and sadness statements into statements of apology. Next, you'll add a statement in which your parent tells you what they *should* have modeled instead. Then, you'll add a statement in which your parent tells you, with unconditional love, that it's okay for you to be different from them. Lastly, you'll add a statement in which your parent expresses their faith that you will be successful in creating new patterns for yourself.

Here's a template of The Negative Modeling Disengagement Formula that you can personalize and incorporate into your Response Letter with a parent, when you're addressing something negative that they modeled:

I'm sorry that I didn't model for you how to \_\_\_\_\_ (what your parent negatively modeled for you).

What I should have taught you was \_\_\_\_\_ (what you needed your parent to teach you). And I want you

to know that it's okay for you to be different from me in this way, and in any other way that you want, and

it's okay for you to be the same as me in any way that you want to be, too—I will always love you no matter

what. And I have complete faith that you will be able to make \_\_\_\_\_ (the new pattern you needed your

parent to model for you) your new norm.

Don't use this full template *every single time* you're addressing something negative that a parent modeled, because it would start to feel inauthentic. But make sure to use it at least once (ideally when addressing a pattern that holds you back the most) in its complete form. Then, use shorter variations of the template in other areas of the Response Letter, where you simply follow your parent's apology for something negative that they modeled with a statement about what they should have modeled instead.

Incorporating your chapter 4 ELS Written Exercise responses into your ELS Letters, using The Negative Modeling Disengagement Formula with your parents, will allow you to assimilate new patterns into your unconscious programming—patterns that felt off-limits because they were never modeled for you.

### 3. KNOW THAT YOU HAVE ALREADY REINFORCED YOUR PARENT'S POSITIVE MODELING.

Once you've incorporated The Negative Modeling Disengagement Formula into your Response Letter, you will have also incorporated the message that it's okay to be the *same* as your parent in any way that serves you and your dreams. This message frees you to align more powerfully with the *positive* aspects of your parent's modeling, which you already identified in your parent question responses in chapter 4. You don't have to "do" anything further in your Response Letter to reinforce their positive modeling, other than to be aware that you've already done so, by using The Negative Modeling Disengagement Formula.

### 4. INCLUDE PRAISE AND ENCOURAGEMENT.

In the final section of your Response Letter, where your parent expresses love and appreciation for *you*, it's important to add statements where they praise your accomplishments and express their confidence in your ability to realize your dreams. Here's an example that you can customize and include in the appreciation section of your Response Letter:

You've grown into such an amazing woman/man/person, and I'm more proud of you than I could ever say.

I'm so proud of you for \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_. And I know beyond a shadow of a doubt that

you will be successful in \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_. And I will be cheering you on every step of

the way.