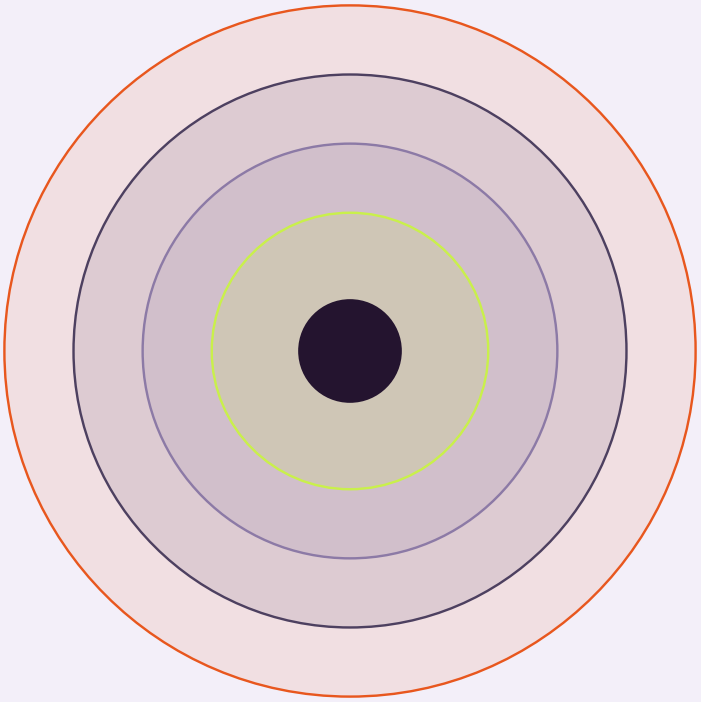


Reparenting the Inner Child

A reading of the book by Nicole LePera (2026)

1. ACTION BOOK

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ABOUT THIS EDITION

This is HourLife's reading of Reparenting the Inner Child, in our own words. It is not a substitute for the book.

BEFORE YOU START 01

The book in a minute

Dr. Nicole LePera's guide to the oldest wounds we carry — showing how adult reactions that feel out of character are a younger part still meeting its needs the only way it learned, and how to meet that part with safety, validation and boundaries now.

Below are the 8 ideas HourLife readers vote up most, each in our words with a note on what it asks of you, and then the steps that put them to work.

WHAT READERS KEEP

The takeaways

1 HOURLIFE TAKEAWAY

The reaction that feels out of character is exactly in character — for the age you were when you learned it.

The idea here is that shutting down, lashing out, people-pleasing and self-sabotage are not flaws of the adult but strategies of the child.

2 HOURLIFE TAKEAWAY

Every survival pattern was once an accurate read of the room.

Overperforming, hiding, and making yourself smaller worked well enough to get you here, which is precisely why they are so hard to put down.

3 HOURLIFE TAKEAWAY

You are not trying to get rid of that part. You are trying to become someone it can finally trust.

Reparenting is not exorcism — the goal is integration, where the younger part stops having to run the response on its own.

4 HOURLIFE TAKEAWAY

The body votes before the story arrives.

Regulation is physical first, and insight applied to a body still braced for impact does not hold.

5 HOURLIFE TAKEAWAY

Responding is a skill. Reacting is a reflex with a long history.

Emotional maturity here means the gap you can hold between the trigger and the sentence, and it widens with practice rather than insight.

6 HOURLIFE TAKEAWAY

What you call selfish is often just a want that was never allowed to be spoken.

A harder invitation is to meet desire without the shame that got attached to it early.

7 HOURLIFE TAKEAWAY

Comfort without a boundary is not care — it is just a softer version of the same night.

Safety, validation and boundaries work as a set because the first two alone leave the pattern intact.

8 HOURLIFE TAKEAWAY

The story about who you have to be was written by someone who had not met you yet.

Worth questioning: inherited identity rules rather than getting better at performing them.

PUT IT TO WORK

Your action book

Do the setup steps once, then keep the habits going. The setup changes your week; the habits keep it changed after the first good one.

The download puts this whole reading and a printable action book in one PDF: the setup checklist, then a page of real calendar days for each habit, starting on the day you choose.

SET UP ONCE

- [ ] Name your three survival patterns
- [ ] Date each pattern
- [ ] Build a regulation shortlist
- [ ] Write the sentence you needed to hear
- [ ] List the rules you never agreed to

KEEP UP DAILY

- [ ] Run the body scan before the interpretation
- [ ] Hold a ten-second gap
- [ ] Say the full script, not just the comfort

30 days · Nov 11 - Dec 10, 2026

Part two, after the reading, prints each of these as a page to fill in by hand.

THE LAST WORD

Before you go

Pick one step from the action book and do it today. An idea from a book starts to count once it changes what one ordinary day looks like.

PART TWO

The action book

Change the setup once, then keep it up. 5 setup actions to do once, and 3 habits to mark each day for 30 days.

Nov 11 - Dec 10, 2026

Print it, or write on it in any PDF app.

SET UP ONCE

The setup checklist

Each of these is done once. Do one a day, and check it off when it is done.

☐ SETUP 1

Name your three survival patterns

Write down the three things you reliably do under stress — go quiet, over-explain, get busy, get sharp, disappear.

Do not judge them yet. This is the list the rest of the work operates on.

MY VERSION

DONE ON

☐ SETUP 2

Date each pattern

For each one, ask roughly how old you feel when it fires.

The answer is usually surprisingly specific, and it tells you who you are actually talking to when you try to reason with yourself.

MY VERSION

DONE ON

☐ SETUP 3

Build a regulation shortlist

Pick two or three physical things that reliably bring your body down — cold water, walking, a long exhale, weight on the chest.

Write them somewhere visible. You will not invent them mid-spike.

MY VERSION

DONE ON

☐ SETUP 4

Write the sentence you needed to hear

One line, in the words a child would understand.

Keep it short enough to say to yourself in a car park. This becomes the safety half of every reparenting script you use later.

MY VERSION

DONE ON

☐ SETUP 5

List the rules you never agreed to

Don't be too much.

Don't need anything. Be useful or be gone. Write the rules you learned about who you have to be, then note who benefited from each one.

MY VERSION

DONE ON

DAILY HABIT 1 OF 3

Run the body scan before the interpretation

When something lands, check jaw, chest, stomach, and breath before you decide what it meant.

Nov 11 - Dec 10, 2026 · 30 days · circle each day you do it

SMALLEST VERSION

CUE

WHERE

November 2026

MON	TUE	WED	THU	FRI	SAT	SUN
						1
2	3	4	5	6	7	8
9	10	11 ○	12 ○	13 ○	14 ○	15 ○
16 ○	17 ○	18 ○	19 ○	20 ○	21 ○	22 ○
23 ○	24 ○	25 ○	26 ○	27 ○	28 ○	29 ○
30 ○						

December 2026

MON	TUE	WED	THU	FRI	SAT	SUN
	1 ○	2 ○	3 ○	4 ○	5 ○	6 ○
7 ○	8 ○	9 ○	10 ○	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

EACH FRIDAY

WHAT HELPED

WHAT GOT IN THE WAY

ONE CHANGE TO THE SETUP

DAILY HABIT 2 OF 3

Hold a ten-second gap

Between the trigger and the reply, count ten.

Nov 11 - Dec 10, 2026 · 30 days · circle each day you do it

SMALLEST VERSION

CUE

WHERE

November 2026

MON	TUE	WED	THU	FRI	SAT	SUN
						1
2	3	4	5	6	7	8
9	10	11 ○	12 ○	13 ○	14 ○	15 ○
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EACH FRIDAY

WHAT HELPED

WHAT GOT IN THE WAY

ONE CHANGE TO THE SETUP

DAILY HABIT 3 OF 3

Say the full script, not just the comfort

Safety, then validation, then the boundary.

Nov 11 - Dec 10, 2026 · 30 days · circle each day you do it

SMALLEST VERSION

CUE

WHERE

November 2026

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December 2026

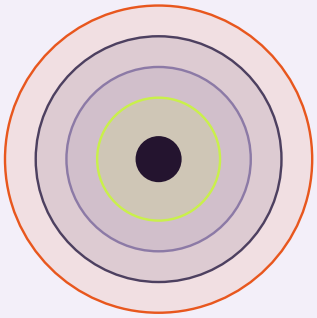
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EACH FRIDAY

WHAT HELPED

WHAT GOT IN THE WAY

ONE CHANGE TO THE SETUP



You cannot change what happened. You can change how it lives inside you.

NICOLE LEPERA