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To extend the metaphor, by
learning about your Outer Child,
you take yourself off of Outer
Child autopilot and switch to
manual transmission for a while. In

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doing so, in taking charge of the wheel, you expose your Outer Child's true identity. What had been unconscious now becomes conscious.

Taming Your Outer Child:
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(visualizing, writing, and
dialogues) you get to know your
outer child and learn how this part
of you prevents you from
achieving your goals. You develop
empathy for the outer child - it's
only trying to protect you - and
learn how to meet its needs and
curb its self defeating patterns.

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In discovering your outer child,
you get a leg up on overcoming
your self-defeating patterns,
improving your relationships, and
becoming the self-possessed adult
you always wanted to be. Outer
child is featured in Taming your
Outer Child; Journey from Aban-
donment to Healing; Journey from
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Overcoming Self Sabotage

Taming your Outer Child:

Overcoming your Self-Defeating ...

12 Outer Child Pointers: 1) Outer Child acts out your Inner Child's feelings in self defeating ways -- without giving you, the adult, a chance to... 2) Outer is the "yes but" of the personality. If you let it, Outer will tie your life up in knots. 3) Outer Child's patterns are deeply entrenched. ...

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acting out Inner Child's feelings -
Stop sabotaging your relationships,
diet, finances, hoarding &
cluttering, procrastinating, chasing
the unavailable.. Improve your love-
life and reach your goals.

Outer Child - Improve Love Life,
Diet, Finances - Defeat ...
Taming Your Outer Child: A
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Overcome Self-Defeating Patterns
Outer Child is a revolutionary
power tool that breaks through
your most entrenched patterns of

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self-sabotage. Learn all about your self-defeating behaviors, automatic defense mechanisms, compulsions, addictions, and bad habits – where they come from, why they are so hard to break, and how to dismantle them.

BOOKS & BLOGS for Overcoming Self Sabotage ... - Outer Child
Taming Your Outer Child:
Overcoming Self-Sabotage and Healing from Abandonment. Susan Anderson. Take Control of Your Life. Chances are, you 've already had run-ins with your Outer Child — the self-sabotaging, bungling, and impulsive part of your personality. This misguided, hidden nemesis blows your diet, overspends, and ruins your love life.

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For more info on her work, visit
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