



# META DYNAMICS™ FOUNDATIONS SELF ESTEEM TRIAD



I AM me .

I AM myself .

I DON'T EXIST  
TO SEEK approval .

I THRIVE THROUGH  
approving of  
myself .

**SHARON PEARSON**  
ULTIMATE YOU

## THE SELF-ESTEEM TRIAD

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*Hell, in my opinion, is never finding your true self and  
never living your own life or knowing who you are.*

**John Bradshaw**

As a child, we have our I-amness. This remains intact and available to us as we develop, as long as our Magical Big People nurture our Seven Freedoms. To nurture and encourage our Seven Freedoms, they need to honour, respect, care about and nurture...three vital truths.

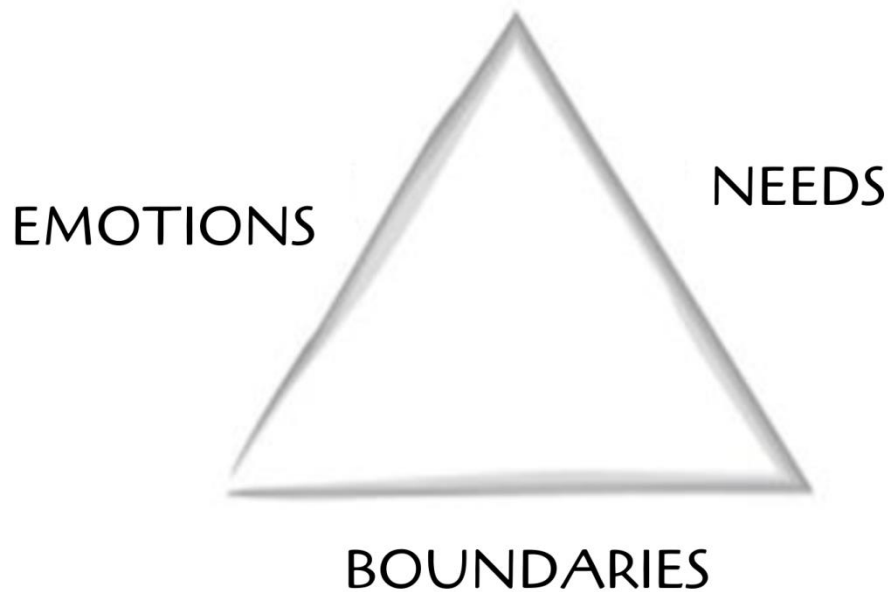
We have three vital truths, that when protected, and nurtured, allow us to retain our I-amness. We stay certain of our lovability and our worth. These truths stand beside our Seven Freedoms, and are why we feel a sense of self-esteem – I matter.

When these three truths are not present, and protected, our sense of I-amness wanes, and becomes forgotten. And in its place, shame takes up residence. The shame that we're not worthy, and we're not lovable. We begin to tell ourselves that we're not enough.

*The Self-Esteem Triad:*

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1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_



The foundations to feel we are worthy, lovable and enough are contained within these three truths.

To bring these truths to life, now that we know them, is to know how to empower ourselves.

Self-esteem is not by chance.

It is by design.

It is there when we are born.

It is natural to us.

It hides in the face of shame. In the face of judgement. In the face of rejection.

It's still there.

We can restore it for ourselves, through knowing and understanding the power of living with healthy boundaries, meeting our needs, and knowing our emotional truth.

You are worth this journey...

Self-esteem is  
not by chance.

It is by  
design.

**SHARON PEARSON**  
ULTIMATE YOU

## THE FIRST DENIAL: OUR NEEDS

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You didn't know you were *you*. When we're born, and for the first few months of life, we don't know we are an 'I'.

We were completely dependent upon others through necessity. It wasn't a choice. We could not meet our own needs.

We had two most basic needs. The first was, *that our parents are okay*, and; secondly, *that we mattered*.

We needed to see our specialness reflected in our caregiver's eyes. We knew how much we mattered by how much time our Magical Big People spent with us. Children know that people give time to what they love.

If your Magical Big People did not have their needs met when they were children... then they would have been unable to provide these needs for you.

## THE FOURTEEN CHILDHOOD NEEDS

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*Your I-amness.*

*I am enough. I am worthy. I can handle it.*

*My compassion is my strength*

1. Water, food, safety
2. Stability
3. To not be abandoned
4. To not be used
5. To know you matter
6. To know the Big People are okay
7. Be accepted
8. Validation
9. Limits
10. Ownership
11. Spontaneity
12. Acknowledgement
13. Be heard
14. Be vulnerable



### ***Water, food, safety***

At our most basic level, these three needs need to be met.

They may not have been met for you, all of the time, consistently. If that's you I feel for you. No child should know the fear of not having their basic needs met for them. We can't do it for ourselves.

You had every right to expect these needs to be met, without question.

### ***Stability and Sameness***

We needed to know we could count on certain things to be a certain way. Our mother's smile when she saw us. Our meal times. When we went to school...

Consistency in the application of rules. Consistency of the responses to our requests. Consistency in the level of stability we experienced or perceived around finances, physical health, activities.

If our Magical Big People didn't meet these needs, then we didn't know that we mattered. This would naturally and understandably leave us feeling insecure and uncertain about ourselves.

### ***To not be abandoned***

We needed to know, that the Magical Big People were there. No. Matter. What. We could do anything, and they would be there. They could get mad, but this never led, not once, to them rejecting us.

If our big people threatened abandonment or made us feel unwanted, then we have come into adulthood with the most common, and most debilitating fear there is... the fear of being abandoned. It's all our I-amness traits, in reverse.



***To not be used***

We needed to not be used for our parents' needs or wants. Our Big People chose to have us. That was their choice. We didn't, and we don't, owe them anything for this.

No I'm not talking about the times we needed encouragement, and we were glad for it. Or the times we needed a little bit of pushing to get over some initial reluctance.

I'm talking about us, being made to do something, because (and you know if this is true, you sense it) our Big People needed it for them.

***To know you matter***

We needed to know that we matter. That we were significant, and important, in the eyes of those who cared for us.

When our Magical Big People don't make it clear, through actions and words and tone, that we matter regardless of whether we're pleading them, doing something for them, or getting their approval, we grow up feeling insignificant and comparing ourselves to others.

***To know the Big People are okay***

We needed to know that the people in charge of taking care of us, were okay.

If we sensed they were okay, then we'd be okay.

If we sensed they weren't okay, then we didn't feel we'd be okay, we would have felt the need to protect ourselves. We would have done the best we could, at our young age, to do this.

We tried to take on the roles we believed best helped our Magical Big People be okay. Regardless of the emotional and mental contortion we put ourselves through...

***Be accepted***

We wanted to be accepted, as ourselves.

We needed to be respected. To be taken seriously. To have our views listened to with full consideration.

If our Magical Big People didn't accept us as we were, we would have sensed it, and wanted to protect ourselves from the hurt of judgement or rejection.

We would have magnified what we thought they, the Magical Big People, wanted and approved of. Or, if we perceived that we couldn't 'measure up', we would have rejected what they wanted.

***Limits***

We needed to know what 'too far' was. And 'too far' couldn't have been the moment we stepped out of line. There had to be room there for us to explore what was okay, and what wasn't.

If we could do anything with barely a comment from the Magical Big People, this would have led us to feel unlovable. Children need to know there are limits to know the Big People care about them and are watching them.

***Ownership***

We needed to know, as we became aware of others, that we could 'own' stuff.

We needed to work out what we were prepared to share, and what was to be put away as, our 'special treasure'.

Consequences were learned. Healthy consequences. Nothing was learned if anything we treasured could be trashed by some other kid.

### ***Spontaneity***

We needed to be able to be spontaneous. Not self-conscious.

If our Magical Big People consistently stopped, judged, shamed, mocked, or rejected themselves, each other, or us when we were spontaneous, we would have shut down our spontaneity and become overly self-conscious.

### ***Acknowledgement***

We wanted to be acknowledged for who we are. Not for how we ‘performed’, or for when we were considered ‘good’.

You, like everyone, needed to know that you were awesome, as you.

### ***Be heard***

We needed to be heard. Fully.

We needed to know we could talk about, and express whatever was on our minds, without filter.

Unconditional listening.

### ***Be vulnerable***

We needed to know we could be vulnerable, and that when we were, we wouldn’t be shut down, shamed, judged, rejected, mocked...

We needed to be able to experiment with our own ideas that were different to the tribe, and have interest in our own views.

We needed to have our curiosity acknowledged.

**Of the Fourteen Childhood Needs, which would you describe as being fully met, consistently with love, care, and respect?**

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**How do you know these needs were met? Can I recall examples?**

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**How do you know these needs were not met? Can I recall examples?**

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## THE SECOND DENIAL: OUR BOUNDARIES

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We need to know, at the appropriate age, that we were separate to our tribe.

Their needs were their needs. Our needs were our needs. We didn't have to meet the needs of the Magical Big People. For example, we didn't need to have to reassure our mother she was loved, or watch out for our father's rage.

You needed to be distinctly... you.

Not a mini version of a parent.

Not someone they compared us to.

Not someone who was only loved when they did what our Magical Big People wanted.

But when our Big People judge our response as not being 'approved', our boundaries are being disrespected.

When we said 'no', this needed to be honoured. Within reason of course. Nothing that was dangerous to us, or beyond our developmental ability.

We got to have an opinion and it counted. We got to choose our clothes for the day. We got to decide little things that meant so much to us.

You accept yourself when you disentangle yourself from others, recognizing your boundaries, and the boundaries of others clearly. It means that you stop seeking permission and approval from others (even people you don't know), and seek to rely on your own internal guidance instead.

**What are 3 healthy boundaries and how can you use them?**

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2. \_\_\_\_\_  
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3. \_\_\_\_\_  
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## THE THIRD DENIAL: OUR EMOTIONAL SELF

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If our boundaries were denied as a child, then it follows that our emotions were also denied.

One way or another, our emotions will reveal. They are energy. They don't go away. They don't cease to exist.

We internalise our pain, and shut down. We externalize our pain, and act out.

A member in our community was never allowed to cry, or they would be beaten. If they tried to protect themselves, they were beaten.

Another member was never allowed to be too happy. Joy was discouraged and instead of being stoic and quiet was encouraged.

Another member got a great grade and was happy. They were chastised for not getting 100%.

**Do you have people in my life who are mindful, caring and respectful of you and your emotions?**

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**Do you have people in my life who reciprocate love, care and respect?**

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**Can you be happy without judgement of myself? Can you feel sad, and not judge yourself or feel guilty? Disappointed? Annoyed? Angry?**

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**Does anyone in your life reject me if I express an emotion they're not comfortable with?**

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**Do you give the people in your life the space and safety to fully and freely express their emotions?**

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**What can you commit to improve in this area? Not sometime in the future... right now...**

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META DYNAMICS™ FOUNDATIONS  
Feeling Inventory

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