



Outer Child Behaviors

- Developmentally at age 7-8
- Old enough to exercise rights, but not old enough to understand the rights and feelings of others
- Hidden “Chuckie” of personality
- Encompasses outward signs of inner vulnerability; all scars, warts and defenses
- Outer child steps right in and takes over (even if you had intention of handling it differently) they take over and leave you holding the bag
- Selfish
- Controlling
- Self- centered
- Dominating personality, if there is a history of repeated abandonments
- Throws temper tantrums and goes off on tirades if criticized, rejected or abandoned, doesn’t react well to blame
- Takes revenge against self; sees them apart from you and inner child
- Blames faults on mate
- Doesn’t like to do things good for you
- Will make you fat and broke
- Hedonist
- Talks about friends behind their backs
- Thrives on chaos, crisis and drama
- Like to play the victim and be the martyr
- Distracts you when you’re trying to concentrate
- Procrastinator
- Makes huge messes, that take forever to clean up
- Late for appointments
- Blames things on others
- Can find excuses for anything
- Tries to look cool and makes you look foolish
- Is the “yes but” in your personality
- Reactive rather than active or reflective
- Explodes when encountering difficulties with your abilities

- Can never be wrong
- Hates asking for help: is stubborn, ornery, blind and pigheaded
- Acts like a tyrant but is secretly a coward, afraid to assert their needs
- Acts gracious when friends step on one of your toes and then hold onto anger for the next twenty years
- Specializes in blame; if there is an uncomfortable feeling there has to be somebody at fault
- Uses crying as manipulation
- Criticizes others to keep the heat off them
- Has a phony laugh to cover up stray feelings
- Needs to control as to avoid having to feel inner child's feelings, especially hurt, loneliness, disappointment or loss
- Can't stand waiting, especially for significant other to return your call
- Doesn't form relationships-takes emotional hostages
- Doesn't like to show vulnerability; keeps injuries hidden
- Will demand, defy, deceive, ignore, balk, manipulate, seduce, pout, whine, and retaliate to get its needs for acceptance and approval met. Doesn't see the contradiction
- Favorite and main go to feeling is anger
- Has a hole in his pocket when it comes to anger or money. It must be spent right away and screw the consequences
- Wants what it wants immediately
- Wants to get right in the middle of things when you try to start a new relationship. It becomes more reactive, more demanding, and needier than ever before.
- Strives for its own self-interest while pretending to protect inner child. Outer only wants control
- People pleaser with ulterior motives. It will give others the shirt off YOUR back and you are left cold and naked
- Not old enough to care for others, only YOU the adult can do that
- Tests the people that he looks for security from, to their limits
- Tests new significant others by playing emotional games
- Can be cunning, putting the best foot forward to pursue a partner
- Can be seductive, funny and charming while in pursuit. When it succeeds in catching its prey, it suddenly becomes cold, critical, unloving, and sexually withholding. Makes us pity the person willing to love us
- Outer child is the addict, alcoholic, the one who runs up credit cards and breaks your diet
- Enjoys breaking rules and acting rebellious

- Thrives on independence, gains strength during dormant periods. Then, when you feel vulnerable, your outer child acts out, jeopardizing relationships
- Tries to defeat intimacy, because intimacy is when your inner child is getting to know and learn to nurture your mate's inner child
- Outer child loves to hook up with your mate's outer child, where they can get into power struggles
- Has enough vanity and pride to try and conquer an emotionally dangerous loved one who is potentially rejecting, distancing and abandoning
- Thinks emotionally unavailable people are sexy
- Attracted to form rather than substance
- Wants emotional candy; which goes against what is good for inner child, who needs someone capable of love, nurturance and commitment
- Seeks all the wrong people, especially those who can't commit
- Refuses to learn from mistakes
- Insists upon doing the same things over and over
- Becomes more powerful when big and little are out of alignment
- Believes laws and ethics are for everyone else but them
- Obeys rules only to avoid getting caught
- Can dish it out but can't take it
- Can be holier than thou
- Loves chocolate and convinces you it's good for your heart
- Beats up on others inner children- especially inner child of significant other
- Bullies its own inner child
- Can deliver a subtle but powerful blow, if it perceives a social slight, no matter how small
- Can express anger by becoming passive
- A favorite disguise is becoming compliant
- Finds someone to take for granted and treats them badly, to avoid fear or rejection
- Expects new significant others to compensate for all of the hurts and betrayals inflicted by old relationships, dating all the way back to childhood
- Has a chip on its shoulder (a sense of entitlement), which is disguised as assertiveness
- Acts like the annoying older brother who constantly interferes with the guise of protecting you
- Doesn't obey the golden rule
- Obeys its own outer child rule; get others to treat you as you want to be treated, and treat others as you feel like treating them
- Needs to be disciplined; but don't expect limit-setting to go smoothly

- Provokes anger in subtle ways, and then accuses others of being abusive
- Outer loves to play the indignant injured party
- Outer child submits so it can seethe at being dominated
- Master at making the other person look like the bad guy
- Behaviors range from mild self-sabotage, all the way to criminal destructiveness
- Outer child can gain control so early, the individual doesn't develop any true empathy or compassion for himself or others
- The extreme outer child is a sociopath
- Outer child holds the key to change. Inner child beholds our emotional truth, but can't change. When you catch your outer child, red-handed, remove the key from its hands and unlock your future