

Introduction to The Entitled Child Mode

The Entitled Child mode can sometimes be a difficult one to accept if it exists within our personality system, usually because we push back against the idea that we might be acting in entitled ways, due to the societal judgement that regularly gets attached to the word “entitlement” these days. Behaviourally, when we are blended with the Entitled Child Mode, we do what we want to do, when we want to do it, often, but not always, knowing that there are consequences for our actions, but not really caring about the effects of our choices. For some people, the presence of the entitled child may be extremely obvious, playing out for all to see in behaviours that are filled with stereotypical examples of entitlement.

For others, it may take on a role that is harder to spot, presenting in minor behaviours like parking our car wherever we want, or jumping the line because we are in a rush, we’ve got somewhere to be, saying things like, “everyone just needs to get out of my way so I can get things done.” In essence, the Entitled Child Mode thinks only of its own needs in the current moment. There is no thought of the impact the behaviour may have on others, like who it might impact if my car is in a no parking zone, or who was waiting patiently in line when I decided to jump in. This mode will usually present in our thoughts as the “I don’t care’s” or the, “I don’t need to’s” and it is often created as the result of either, always getting what we wanted and never hearing the word no, or never getting what we wanted and pushing back against hearing the word no.

“In recovery, it was often the case that my system would become dysregulated when I was asked to do something a part of me didn’t want to do. This sense of entitlement usually kept me stuck in a pattern of dysfunctional behaviour, usually resulting in a substance-related escape.”

~Steven Morris RP

It took me a very long time to accept the fact that there was a part of me that was full of entitlement. I remember, many years ago, after an outburst of anger and selfish behaviour, I was asked by a family member if I thought the world owed me something. At the time, this question only served to deepen my rage. This part of me had me lashing out with hateful words aimed at those who were trying to get me to reflect on my behaviour. My inner critic created a sense of shame in my system that I used as a reason to intensify my addictive behaviours.

Entitlement has many manifestations in adult behaviour. For me, it came from a sense of not needing to do the things people asked of me. I didn't feel it was my responsibility. Internally, my entitled child was saying, "I don't need to do this, it's your responsibility, not mine." It would take me to a place of thinking and feeling that lacked accountability, that was full of blame for others, and was often accompanied by my Angry Child reactions.

For many people, being told they have a sense of entitlement can be challenging. After all, generally there is an extremely negative connotation attached to the word entitlement. However, the existence of an Entitled Child in your personality does not always mean you are an entitled person. The entitled thinking will only lead to entitled behaviour when this part of your personality is blended in your system.

Learning how to recognize the presence of the Entitled Child when it arises is key to unblending from its behaviours. There are thoughts, feelings and physical sensations specific to this part, so creating a mindfulness practice designed to listen to your system throughout your day will provide the possibility of growth in this area, ultimately supporting the Life you Want to Live!!

Next, let's check in to see how you relate to this Mode in your own behaviours. Answer the questions below based on your personal experiences and the rating scale provided.

Never 0	Sometimes 1	50/50 2	Often 3	Always 4
Description				Score
I often feel like I don't have to do the things that other people want me to do, I don't have to follow the rules, or I can do what I want, when I want.				
When engaging in activities, at times, I don't care about the impact of my actions on others, I don't even notice when people are bothered by my behaviour.				

Based on the scores you gave for the questions above, and the way you relate to the description provided on the previous pages, how Relevant is the Entitled Child Mode to you in your life? Add the two scores together to calculate your prevalence score. On a scale of 0 – 8, 0 being not present at all, and 8 being present in my life every day, rate your experience of the Entitled Child Mode.

My Entitled Child Mode has a prevalence score of ___/8.

On the next page, take the time to explore your experience of the Entitled Child Mode, see if you can identify how you feel when this Mode is active, how you are thinking when this Mode is active, what you do when this Mode is active, and what situations you might need to be aware of that can activate this way of thinking in your personality system.

- a. When I am in the Entitled Child Mode, I experience the following feelings (List the emotions and feelings you experience in the Entitled Child Mode, focus on how you feel when you can do what you want without concern for the consequence).

- b. When I am in the Entitled Child Mode, I am having the following thoughts (List the things you are thinking when you're in the Entitled Child Mode, be specific, focus on thoughts that revolve around your needs being more important than others in an entitled way, notice thoughts that discount the impact of your actions on others).

- c. When I am in the Entitled Child Mode, I behave in the following ways (List the things you do, the way you act, and how you react when you're in the Entitled Child Mode).

- d. The following situations are likely to be involved in triggering my Entitled Child Mode (List situations you are aware of that have activated this mode of behaviour in the past).
