



ANXIETY DEEP DIVE SERIES • PART 5

The Orphan

THE UNSAFE CHILD

The Archetype of the Orphan

At the root of deep, pervasive anxiety is often the archetype of **The Orphan**. This is the part of us that feels alone in the world, unprotected, and fundamentally unsafe. It believes, "I have to do it all myself" and "No one is coming to save me."

When the Orphan is active, the world feels hostile and overwhelming. We become hyper-vigilant because we feel we are the only ones watching out for our survival.

Reparenting the Orphan

Healing this deep insecurity doesn't come from logic ("You're an adult now, you're fine"). It comes from **reparenting**—becoming the safe, consistent, protective presence for this younger part of yourself that you may not have had (or perceived) in childhood.

Connecting with the Orphan

1. When do you feel most "on your own" or unprotected?

2. What does this part of you need to hear? (e.g., "I've got you," "You don't have to handle this alone," "I am here.")

3. A Gesture of Safety: Place a hand on your chest or wrap your arms around yourself. What happens physically when you offer yourself this touch of containment?

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