

Approaching Your Inner Child For the First Time

PART ONE

Write a message to your inner child in your normal handwriting. As sincerely as you can, tell your inner child of your desire to heal your relationship with her and any fears this is bringing up for you.



PART TWO

(review tips for non-dominant hand writing before proceeding)

With your **non-dominant** hand, let your child answer you. The following may be helpful to use in this process. *Copy* the statements in your non-dominant hand filling in the blanks as you go. (Use as much paper for this as you need.)

My name is _____ and I am your inner child. What I need to tell you first of all is_____.

If I talk to you, you have to promise me that you will_____.

Right now I feel_____.

Because_____.

(Continue as long as possible by asking questions in dominant hand and receiving answers in non-dominant hand.)



The following is a “launching pad” phrase. Use this anytime you want to communicate with your inner child and need a way to get started.

My name is _____ and I can talk about anything I want to. So I choose to talk about_____.