

# **Tips To Facilitate Communicating With Your Inner Child Via Non-Dominant-Hand Writing**

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- ♥ Use unlined paper and chubby watercolor markers to prevent your non-dominant hand from feeling constricted by holding a smaller pen and attempting to stay in the lines. The idea is to stay OPEN and FREE.
- ♥ Neatness DOES NOT COUNT!!! Loose and free is what you are after. Perfectionism is a handicap in this process! DO NOT force your non-dominant hand to conform to “the rules”. The fact that it is a non-conformist is its distinct advantage!
- ♥ Print your words using both upper and lower-case letters—it will look a lot like first-grade printing—probably very sloppy first-grade printing. That is fine! It is important to print, as cursive writing may tap you into a more refined energy that can be counter-productive in this process.
- ♥ Check to be sure your writing stays LARGE. The more open your writing is, the more open you are. If necessary, exaggerate and put no more than 4 words to the page. Doing this for awhile will encourage your channel to stay open.
- ♥ DO NOT EDIT what comes through. Even if it makes no sense to you at all or if it seems to be off the subject or if it is just a list of words or a string of impressions. I repeat, no matter what “shows up” in your mind while writing with your non-dominant hand, DO NOT EDIT!!!!!! If you stay with it, the inherent order and/or meaning will emerge, often in delightful ways. At the least, you are signifying to your Child Self that you honor her/his expression, thus encouraging clearer expression in the future.
- ♥ If you feel like you’re “just making it up,” GREAT! Your Child Self is the source of your imagination, so if you’re “just making it up”, you are in touch with your Child Self. It isn’t factual accuracy that counts—it’s the accuracy in relaying your own in-the-moment perceptions that counts. Don’t get hung up on remembering the facts.
- ♥ On the other hand, (pardon the pun) detail is important. Perceptual details enrich and enliven the expression of your Child Self and most inner children seem to want to paint word pictures. A caution: inner children are, if unedited (DON'T EDIT!!!) often “brutally” honest, describing warts and body odor and all kinds of socially unacceptable observations. Let her be—her revelations will be all the richer for it.
- ♥ Remember, you’ve spent a lifetime repressing this part of yourself, so be patient. In my experience, inner children often need to be “courted” for a time before they trust that you aren’t going to block them out. Most are so eager to be heard, in a short time—as long as they feel safe—they will gladly offer up their treasures.
- ♥ Keep a check on your writing to be sure that vocabulary and syntax are that of

a child. If you are using 50-cent words, your “adult” may be editing the simpler, more authentic expression of the Child Self.

♥ If you get stuck, pretend to be a child and answer as you think a child would. In so doing, you automatically reference your own Child Self—for in order to pretend to be a child, you will draw upon your own essence and experience.

♥ Discard the concept of “should.” I believe that “should” is a dirty word and has played a great role in robbing us of our authentic expression to begin with.

♥ A great way to get started is to write “I am your inner child and I can say anything I want, and what I most want to say right now is \_\_\_\_\_” and just allow your Child Self to write whatever it wants—no judgments! Often, there is at first an expression of anger and sadness, and that is GREAT as what you’re going for is true expression. Getting the anger out is very important in order to have an authentic relationship with this wounded part of you.

♥ Another helpful technique is to use your dominant hand to express the adult you to ask questions of your Child Self, and then switch hands so that your Child Self can answer using your non-dominant hand. Switch back and forth as the conversation unfolds.

♥ If you “dry up” and don’t seem to be getting any response from your Child Self, or if you stop sooner than you thought you would, stick with it awhile and write ANYTHING that comes into your head. Even if it’s, “Oh, I’m so hungry” , or “I hate this this is a stupid exercise and I don’t get it”. (Inner Children rarely honor punctuation unless it suits them—they love exclamation points!!!!!!!!!!!!) Gently probe to see if you can get to the bottom of the resistance by encouraging an explanation such as, “I don’t want to do this because I get so mad when grownups tell me to do stuff when I want to go out and play...”and so on. Your aim is to facilitate the free expression of your Child Self, not to conform to the lesson plan. Sometimes, however, your Child Self may avoid a painful memory by changing the subject or refusing to write. It is important to discern when to encourage her/him to proceed anyway, thus achieving a breakthrough, and when to back off and honor the apprehension.

*Special note: If you are currently seeing a therapist, you’ll want to consult her/him about using this technique. If you encounter problems that you feel are too hard for you to deal with alone, by all means contact a therapist or counselor to help you.*

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