

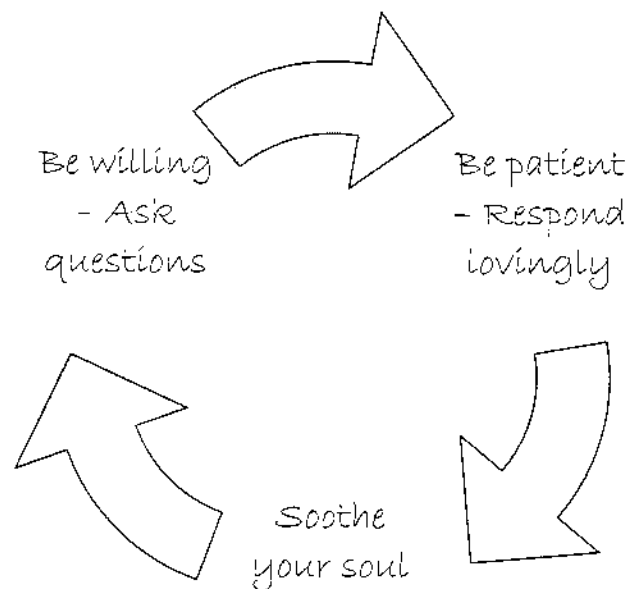
INNER CHILD WRITING

Become Your Own Loving Parent

led by Michele L.

Knowing that we want to be healthy and happy is one thing; finding out what we really want and need is another. This down to earth workshop is designed to help us use some basic information and tools to have honest and fulfilling discussions with the most important person in our world, our Inner Child. Our truth and answers are *uniquely* within us all. If we are willing to patiently work with the results, we will be amazed at what we learn about ourselves.

Look at your life through the eyes of a child.



A long time ago we depended on our caregivers to provide us with love and safety. Along the way, we didn't always get what we needed. As adults we may be flailing around trying to figure out who we are and what we really want in life. Finding out what we need seems simple, but it's not always easy.

In this workshop, we will cover the basics of what is involved to unlock the mysteries of our heart work.

- ♥ Dominant vs. Non-Dominant Handwriting
- ♥ Sample questions to start with
- ♥ Possible responses from our True Self/Inner Child
- ♥ Possible reactions from our adult self (nurturing parent vs. critical parent)
- ♥ Boundaries

Soothing your soul takes a little work. If we are willing to commit some time to our self and our growth, change can happen. If we are willing to trust the process, everything else will unfold perfectly in its own unique way.

Dominant vs. Non-Dominant Handwriting

Which ever hand you write with is your dominant hand and the other is, of course, your non-dominant hand.

Write questions to your self with the dominant hand. This represents your adult/responsible side. All questions are answered with the non-dominant hand. I believe the responses come from various sources. Responses can come from your "toddler", "teenager", "angry", "sad", "boy", "girl", "mischievous", "playful", "vulnerable", or "happy" Inner Child. Responses may also be messages from a Higher Power, providing us with the insight to move through buried feelings and memories. We are each unique and have billions of experiences which make us who we are. Each reply may have a specific feeling or thought. I believe that the answers, no matter the type, are unblocked messages waiting to be revealed, like buried treasure with riches beyond our imagination.

Sample questions to start with

Children are direct. It can take them very few words to express their wants, needs and feelings. You can ask any question you want, but keep in mind to be loving and respectful at all times. If you've never done this before you might find that "someone" may be reluctant to reply or *may have a lot to say* to you. No matter what, just continue to be patient.

If it is difficult for you to imagine that you have an Inner Child, simply act like you are talking to an unknown child for the first time.

- Ask his/her name.
- How do you feel today?
- Do you feel good, mad, happy or sad?
- Do you know that I love you?
- Do you want to play?
- What do you/don't you like about... (*food, work, camp, etc.*)?
- What do you need?
- How old are you?

Writing the questions may come easy. Just when you think you know yourself, you may be surprised to hear the answers.

Possible responses from our True Self/Inner Child

Simply accept the answers that come into awareness without judgment. Some responses may surprise you, enlighten you and/or upset you. In order to receive those things we desire most, to love and be loved, to be accepted and belong, we have to be willing to first love and accept ourselves.

Each response is uniquely yours. Your Inner Child may be happy to hear from you (Hey, you're here!!), or angry (Where have YOU been!!), or may be afraid and doesn't say much at all. Be patient – Children may pout, fight, or refuse to cooperate until they feel safe or until they are sure that they are cared about.

Hearing the pain - if you are having a hard time with your reactions to the answers let your Inner Child know by writing it to them. *Example – I just want you to know I'm having a hard time hearing this because I am feeling _____. Please know I am not upset with you. Let me think about this for a bit and I promise to get back to you by (date/time).*

Give yourself credit for your attempts and remember that children don't hold grudges. Children want to have fun and be happy. All you have to do is find out what having fun and being happy means to **you** and then you can help yourself achieve it.

As adults we want to be listened to, respected and loved. Children want these things too. When children are given the avenue to express their feelings without shame and blame, they open up and blossom into creative, happy and free unique people. Be free and be who you were meant to be.

Possible reactions from our adult self

*The Nurturing parent vs. **THE CRITICAL PARENT***

If we had a critical parent, caregiver, teacher, coach, religion, etc. growing up the likelihood that we have an inner "critical parent" is more likely than not.

We must stay mindful of who is present during the *conversation*. Be an observer and watch the interaction. If need be, let the Inner Child confront the critical parent and allow them a safe place to tell them *exactly* how they feel.

When you reply, always speak in a loving tone. Keep the goal in mind: *Soothe your soul*. Speak with loving, supportive words. Keep it simple and feel the response come from within; trust the process. Respect yourself and be patient with the process and you will heal.

Possible responses to give may be:

- I am sorry. I didn't realize I was doing that. I am growing and learning to take better care of us everyday.
- It is ok. We are allowed to make mistakes. The only thing I want you to know is that you are not the mistake.
- I love you very much. I will make more time for us to play.

Remember to keep in mind what is important to you and to *your* Inner Child. Say what you mean and mean what you say. If you make special plans to do something fun after having to do something not so fun, be sure to keep your promise. If you have to change plans simply let them know that it is important but you can/will reschedule.

Boundaries

As all children do, you may be tested to see if you are serious about this work.

Tantrums may happen. Children will push the limits because they want to know that they do have limits or guidelines to adhere to. We want to give gentle guidance not rigid rules.

You may not always allow your Inner Child to have his or her way, but you can always provide them with love.

- Eating a whole box of candy -or- allow 1 piece of candy or watermelon.
- I want him/her to give it to me now!! -or- We can share or we don't have to have it now.
- Yes -or- No with love

Use as many tools as you need to – parenting class/books/seminars are wonderful and give insight on the healthy way we can “raise” our children. Build the bridge from wounded child to a healthy adult. You are worth it.



Start writing:

Handwriting practice lines consisting of 15 sets of three horizontal lines (top solid, middle dashed, bottom solid).

Visual Exercise:

Close your eyes. Picture a dark empty room. The room has no windows. Simply notice the size of the room. Now picture your Inner Child crouched, head down, in the corner. Just watch – no judgment. *Notice how you feel.* A door appears on the wall next to the child slowly opens. Light is seeping in slowly. The adult you is standing there and letting in the light. You feel the warmth on your skin. Take a deep breath. You feel safe. The adult you walks over to the child. Take the child’s hand and tell them “you’re safe now”. The child rises and follows you out the door into the light. Feel the love in your heart grow.