

Chapter 3 Exercise

Visualization Moment:

Set aside time and find a quiet place. Close your eyes and take some deep breaths. Now, visualize yourself as a young child. Picture your face and your expressions. What do you see? How do you feel? Go slow. Try feeling what your inner child is experiencing in that moment. Now, picture yourself as an adult taking that little child by the hand, giving them kindness and comfort. Allow them to express whatever is on their mind, reassuring them.

Chapter 3 Worksheet

Inner Child Dialogue

1. Describe a time in your childhood when you felt afraid, anxious, or hurt.

2. Try to identify the emotions you felt during this experience.

3. Write a note to your inner child about those moments of pain, giving them reassurance and comfort.

4. List some ways to provide protection and care for your inner child moving forward.