1. Describe a time When you felt joy as a child. How might you owith that feeling today?	connect
	
	
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3. Write a letter to your inner child. Please consider what words of encouragement and comfort you can share with them.

4. What activity do you remember from childhood that brought smiles and joy to your life? Would you consider introducing that activity back
into your life at this time?

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	Dialoc	lue
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1. Describe a time in your childhood when you felt afraid, anxious, o 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.