

# The Inner Child Process

## First Movement: Looking inwards

1. Sit quietly, relax, make yourself comfortable and close your eyes.
2. Find a simple way to describe the challenging, *current situation* with your child.
3. How do you feel when this happens between you and your child?
4. What do your inner voices say – about you, about your child – when this happens between you?

## Second Movement: Tracing back

5. Are the feelings that have come up for you familiar in any way? Have you felt this way before your child was born?  
If so: when?  
How old were you?  
What was going on around you?

*Or*

6. What do you *imagine* might have been going on around you when you felt these same feelings in the past?

*Or*

7. Where – and with whom – did you learn the self-talk that arises when your child triggers you in this way?

*Or*

8. When you behaved similarly to how your child does today, how were you treated?

*Or*

9. What was life like for you when you were the same age your child is now?

*Or*

10. How has the world treated that part of you that is most like your actual child?

## Third Movement: The wishing question

11. When the *source event* was going on for you, what do you wish might have happened differently? Do you wish you could have said or done something differently? Or is there something you wish someone else could have done for you?

*Or*

12. If you'd had a magic wand to wave, how would you have changed the outcome of your *source event*?

*If you find it hard to imagine a wish:*

13. Browse the Table of Developmental Needs. Do you see a developmental nutrient that resonates for you, that would have felt most helpful in resolving your *source event*?

## **Fourth Movement: Healing the parent**

14. Think of a current-life situation (not involving your actual child) in which you feel similarly to the way you felt in your *source event*, and in which your needs (or the *theme* of your developmental needs) might be similar.
15. How might you be able to give yourself an adult-appropriate developmental nutrient that addresses your needs, in this current-life situation? Can you commit to a new course of self-nourishing or self-empowering action?

## **Fifth Movement: Connecting with your actual child**

16. How do you feel towards your child now?
17. What might your child be feeling and needing, when he or she behaves in the way that you find challenging?
18. Does your child seem to notice a difference in your tone and behaviour since you undertook your Inner Child Process?
19. Make an agreement with yourself: what can you commit to saying or doing differently for your child, when he or she behaves in this challenging manner, from now on?
20. Thank your Inner Child for sharing his or her feelings and wisdom with you, and acknowledge yourself for having the courage to undertake this Journey.