

Healing The Inner Child Workshop

The Energy Behind – I Am Sorry

A big step in healing the inner child is building a relationship with the younger versions									
of yourself. To acknowledge that some of the behaviours, beliefs and decisions had									
been based on the fears or lack of acceptance of the past and not the worth of today.									
Saying, "I am sorry" to the younger self is one of the first steps. The adult you are today is you with the free will to take charge of your own life, and fully responsible for your own decisions and the role you will play in your own life. Healthy living is saying you are worthy of love to your inner child! This is where value and self worth play a big role. It is now a choice for you to embrace, acknowledge, listen and accept the child in you!									
									Today I see my inner child and today I am here to tell you, I am sorry, I did not see
									you until now and today I make you a promise to

Reflection Questions

These questions are designed to help you reflect back on some of those childhood stories that keep playing over and over again. Take some time to reflect when you are feeling neutral and ask yourself the follow questions:

1.	Are you waiting for someone to say sorry? If so, what will that sorry change, and why							
	are you needing it?							
2.	What does "Sorry" mean? Does it mean that someone is paying attention to you, or							
	does it mean you are ready to deal with the source of the issue and make a change?							

When you recognize that you have done something out of character of your true self,						
how have your actions and reactions been serving you?						
When repeating stories and childhood behaviour, why do I keep doing this?						
Looking at those stories that keep repeating, ask yourself "Why am I expecting other						
people to be responsible, or expecting a different response or outcome from the same						
story?"						

What a	ction steps car	ı I put into p	lace to he	elp change	this repe	at story?	
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Why do	o I keep wantin	g the same	outcome	, situation,	or relatio	nship?	
							
							
Why do	o I keep behavi	ng, acting o	r respond	ding in this	way?		