

Inner Child Process – ‘Lite’

This brief version of the Process involves just one question for each of the five movements. It is ideal when you have only a few minutes available, and you don’t have the space for a more deeply contemplative inquiry.

1. How am I feeling right now?
2. When have I felt this way before, earlier in my life?
3. What was my need then; what would have helped me feel better?
4. How might I have this need met today?
5. What does my child need from me when he/she behaves this way?

Inner Child Process – ‘Super-Lite’

Sometimes it’s enough to simply pause and ask yourself what was going on around you when you behaved similarly to your child, or when you were roughly his or her age. That fundamental shift in focus – ‘What of this is about me, and not about my child?’ – can be revolutionary; opening-up a potential treasure trove of new insights. You have gone deep enough when you touch upon the *feeling* – and not just the thought – of having been a child once. Simply ask yourself the dual questions:

- How was this issue for me when I was a child?
- What would I have needed then?