

Meeting the Child

Use these prompts to reconnect with your Inner Child.

1. Think of yourself at age 5-7. What did that child need most that they did not receive?

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2. What were you told (directly or indirectly) was “too much” about you? (Too loud? Too sensitive? Too needy? Too wild?)

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3. If your Inner Child could speak to you right now, what would they say?

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