During this stage, you will start to form a connection with your inner-child.

Your inner-child will become sad during times of distress.

Think about a time in your past when you were distressed. (Tap once complete)

However, during positive moments in your life your inner-child will express happiness.

Think about a time in your past when you were happy. (Tap once complete)

Great! Hopefully you feel more connected with your inner-child.

Let’s continue this connection by embracing the inner-child.

Stand in the ring surrounding the inner-child. Hug yourself while looking at your inner-child and imagine they are in your arms. (Tap once complete)