

## Honoring The Inner Child –The process

- 0 – Tapping the whole time
  - I am giving tapping instructions with each new question or piece of information
- 1 – Pick an age to work with
  - Ask yourself "What age could use some love and attention today?"
  - Imagine yourself at this age - it will not be literal
- 2 – !!!! Tell the younger self they are safe !!!
  - It is loved and cared for
  - The love and care exists even if the young self doesn't believe it
  - We are not trying to change its mind
  - It is allowed to think, feel, and believe anything it wants
  - It is even allowed to be confused about what to think, feel, and believe
- 3 – Thank the part
  - For wanting us to be safe
  - For working so hard
- 4 – Let the part know it is a hero
  - For handling things they shouldn't have been in charge of
  - For facing challenges that it wasn't fair that they were asked to face
  - For being so creative and crafty to find ways to survive in a setting that they were not prepared for
  - For surviving so that we are here today
  - For being a superhero being able to handle all of this.
  - Give them them a totem or symbol representing how powerful they are
- 5 – Ask if it needs anything and bring it to the child
  - Ask what it needs to be more safe and secure
  - Ask what color is associated with that resource
  - Shower younger self with that color
- 6 – Give the child the ability to connect with us in the future
  - Create a mechanism for the child to get our attention
    - Ring a bell
    - Physical sensation
    - Notice a color in our environment
  - This might be a negotiation
    - Sometimes the child part wants to do something that is too disturbing or discomforting
- 7 – Encourage and affirm to the child that
  - They are loved and cared for
  - They are allowed to think, feel, and believe what they want
  - They are allowed to be a child because there is a adult version taking care of them
  - They can ask for help at any time



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