

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 prepared for
 - For surviving so that we are here to day
 - For being a superhero for 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 a 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
 - 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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