

<p>Step Three - Dialoguing with your inner child and your wounded self</p>	<p>Write your answers here</p>
<p><i>Compassionately dialogue with your Inner Child, exploring your painful feelings, your fears, your false beliefs and the resulting behaviors, and the memories that may cause your pain. Also explore your gifts and what brings joy to your core Self.</i></p> <p>Ask the part of you that is hurting, "What am I thinking or doing that is causing your feelings? How am I abandoning you?"</p> <p>Move inside and allow the feelings - your inner child - to answer.</p> <p>Once you are clear on what you are telling yourself or doing, ask your wounded self, "What beliefs are behind the thoughts and behavior that is causing my pain?"</p> <p>Allow your wounded self to answer.</p> <p>You might want to explore where you got these beliefs.</p> <p>Keep dialoguing until you are clear on what you are thinking or doing that is causing your pain, and what the beliefs are that are causing you to think and act in these unloving, self-abandoning ways.</p> <p>Dialogue with Your Wounded Self and Core Self</p> <ul style="list-style-type: none"> • Discover the thoughts/false beliefs and actions from your wounded self that may be causing your fear and pain. • Release anger and pain in appropriate ways, doing the Inner Bonding Anger Process (video) (article), and/or allowing yourself to cry. • Learn about the past that created the false beliefs. • Nurture your existential core Self feelings of loneliness, helplessness over others and events, sorrow and grief. • Explore your core Self and what brings you joy. 	<p>Date:</p> <p>Answers:</p> <p>Date:</p> <p>Answers:</p> <p>Date:</p> <p>Answers:</p> <p>Date:</p> <p>Answers:</p> <p>Date:</p> <p>Answers:</p> <p>Date:</p> <p>Answers:</p> <p>Date:</p> <p>Answers:</p>

Step Four - Dialoguing with your Guidance	Write your answers here
<p><i>Dialogue with your spiritual guidance, exploring the truth and loving action toward your Inner Child.</i></p> <p>Ask your Guidance, "What is the truth about _____ (the beliefs that you uncovered)"?</p> <p>Ask your Guidance, "What is the loving action toward my child? What is in my highest good?"</p> <p>Open and allow the answers to pop into your mind. These answers may not come immediately, but they will come eventually if you stay open. They may come in words, feelings, images, dreams, in a book you are reading, or in talking with someone else. Be patient and stay open to learning. The answers WILL come.</p> <p>Dialogue with Your Higher Guidance</p> <ul style="list-style-type: none"> • Ask your spiritual Guidance (whatever that is for you): What is the truth about the thoughts/false beliefs you may have uncovered in Step Three? • Ask: What is the loving behavior toward your Inner Child in this situation? What is in your highest good? What is kind to yourself? • Open and allow the answers to come through you in words, pictures, feelings, dreams, in talking with another, or in reading a book. The answers may not come immediately, but if you have a sincere desire to learn, they will come. 	<p>Date:</p> <p>Answers:</p> <p>Date:</p> <p>Answers:</p> <p>Date:</p> <p>Answers:</p> <p>Date:</p> <p>Answers:</p> <p>Date:</p> <p>Answers:</p> <p>Date:</p> <p>Answers:</p> <p>Date:</p> <p>Answers:</p>

Step Five - Taking the loving action	Write your loving action here
<p><i>Take the loving action learned in Step Four - put God into action.</i></p> <p>Speak the truth to your child and take the loving action based on the truth.</p> <p>Take Loving Action</p> <ul style="list-style-type: none"> • Tell yourself the truth that came through from Step 4, allowing the truth to come through you from your Guidance to your Inner Child. • Take the loving action that came through from your Guidance in Step Four, put God/Spirit into action. • Consciously move into gratitude for your Guidance that is always here for you. 	<p>Date:</p> <p>Loving Action:</p> <p>Date:</p> <p>Loving Action:</p> <p>Date:</p> <p>Loving Action:</p> <p>Date:</p> <p>Loving Action:</p> <p>Date:</p> <p>Loving Action:</p> <p>Date:</p> <p>Loving Action:</p> <p>Date:</p> <p>Loving Action:</p>

Step Six - Evaluating the Action

Write your evaluation here

Evaluate the effectiveness of your action.

How are you feeling as a result of being in truth and taking the loving action? Are you feeling fuller and more peaceful inside? Can you feel some joy and aliveness?

If you are not feeling a sense of relief, go back through the steps, repeating the process until you discover the truth and loving action that lightens your heart and brings peace and joy to your soul.

Date:

Evaluation:

Date:

Evaluation:

Date:

Evaluation:

Date:

Evaluation:

Date:

Evaluation:

Date:

Evaluation:

Date:

Evaluation: