## INNER BONDING WORKSHEET

Step One - Tuning into your feelings and taking responsibility for them	Write your feelings here and taking responsibility for them
Choose to be aware of your feelings and willing to feel your pain. Be willing to take responsibility for the ways in which you may cause your own pain, and accept responsibility for creating your own peace and joy. Make use of somatic	Date: Feelings:
(body based) therapies to access your feelings.  Breathe deeply, moving your focus out of your head and into your body. You might want to use your breathing - or any other form of focus or meditation that works for you - to help you get fully present in your body, fully present and mindful of this moment. Focusing inside, ask your inner child - your feeling self, "What are you feeling right now?"	Date: Feelings:
Welcome and embrace with compassion all feelings.  Do you feel willing to learn about and take responsibility for your feelings? Do you want to know that you are causing your wounded-self feelings - your anxiety, depression, hurt, fear, anger, guilt, shame,	Date: Feelings: Date:
emptiness, aloneness, and so on? Do you want to take responsibility for nurturing your core Self feelings of loneliness, heartache, heartbreak, grief, sorrow, and helplessness over others?  If you are willing to learn about how you are causing your wounded	Feelings:
feelings, then move on to Step Two. If not, then explore your unwillingness.	Date: Feelings:
If you are experiencing present or past core Self feelings, hold your inner child with deep compassion, acknowledging the feelings. Be with the feelings, fully accepting with deep compassion the loneliness, heartache, heartbreak, grief, sorrow over people hurting people, or helplessness over others. If tears come, allow yourself to cry until there is a feeling of release. Then ask your Guidance to take these feelings	Date: Feelings:
and replace them with acceptance and peace. Allow the feelings to move through you. If they are not ready to be fully released, then continue to stay present with them with compassion until they are ready to release. These feeling may come up throughout a day.	Date: Feelings:

Step Two - Moving into the intent to learn	Write your learning here
	Date:
Choose the intent to learn to love yourself and others. Making this choice opens your heart, allows Divine Love in and moves you into your loving Adult. Use any meditation or spiritual practiceor anything else-that helps you surrender and opens your heart to compassion for your own feelings.	Thoughts/actions causing pain:  Date:
Put your focus into your heart and breathe into your heart, consciously choosing the intent to learn with your Guidance about loving yourself. Invite the Presence of love and	Thoughts/actions causing pain:
compassion into your heart by saying, "I invite you (Spirit) into my heart." Move into compassionate curiosity about what you	Date:
are thinking or doing that is causing pain and about what would bring joy and peace.	Thoughts/actions causing pain:
Move into the Intent to Learn Invite the compassionate Presence of Spirit into your heart to	Date:
help you learn what you are doing or thinking that may be causing your pain.	Thoughts/actions causing pain:
Consciously move out of the intent to protect/control and into the intent to learn about what you are doing or thinking that may be	Date:
causing your pain so that you can move into loving yourself and others.	Thoughts/actions causing pain:
When you connect with Spirit and move into the intent to learn, you are in a loving Adult state, as opposed to the ego wounded self state you are in when you want to protect/control. In Step Two, you welcome and embrace all your feelings with a compassionate intent to learn.	Date:
	Thoughts/actions causing pain:
If you have anger or addictions do the 3-Step Anger Process. This is to give you permission to go deeply into your own anger process in order to take responsibility for your own feelings.	Date:
	Thoughts/actions causing pain:

Step Three - Dialoguing with your inner child and your wounded self	Write your answers here
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.	Date: Answers:
Ask the part of you that is hurting, "What am I thinking or doing that is causing your feelings? How am I abandoning you?"	Date: Answers:
Move inside and allow the feelings - your inner child - to answer.  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?"	Date: Answers:
Allow your wounded self to answer.  You might want to explore where you got these beliefs.	Date:
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.	Answers:  Date:
Dialogue with Your Wounded Self and Core Self	Answers:
<ul> <li>Discover the thoughts/false beliefs and actions from your wounded self that may be causing your fear and pain.</li> <li>Release anger and pain in appropriate ways, doing the</li> </ul>	Date: Answers:
Inner Bonding Anger Process (video) (article), and/or allowing yourself to cry.  Learn about the past that created the false beliefs.	Date:
<ul> <li>Nurture your existential core Self feelings of loneliness, helplessness over others and events, sorrow and grief.</li> <li>Explore your core Self and what brings you joy.</li> </ul>	Answers:

Step Four - Dialoguing with your Guidance	Write your answers here
Dialogue with your spiritual guidance, exploring the truth and loving action toward your Inner Child.	Date: Answers:
Ask your Guidance, "What is the truth about (the beliefs that you uncovered)"?	Date:
Ask your Guidance, "What is the loving action toward my child? What is in my highest good?"	Answers:
Open and allow the answers to pop into your mind. These answers may not come immediately, but they will come	Date:
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:
answers WILL come.	Date:
Dialogue with Your Higher Guidance	Answers:
<ul> <li>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?</li> </ul>	Date:
<ul> <li>Ask: What is the loving behavior toward your Inner Child in this situation? What is in your highest good? What is kind to yourself?</li> </ul>	Answers:
<ul> <li>Open and allow the answers to come through you in words, pictures, feelings, dreams, in talking with another,</li> </ul>	Date:
or in reading a book. The answers may not come immediately, but if you have a sincere desire to learn, they will come.	Answers:
	Date:
	Answers:

Step Five - Taking the loving action	Write your loving action here
Take the loving action learned in Step Four - put God into action.	Date:
Speak the truth to your child and take the loving action based on the truth.	Loving Action:
Take Loving Action	Date:
Tell yourself the truth that came through from Step 4, allowing the truth to come through you from your	Loving Action:
Guidance to your Inner Child.	Date:
Take the loving action that came through from your Guidance in Step Four, put God/Spirit into action.	Loving Action:
<ul> <li>Consciously move into gratitude for your Guidance that is always here for you.</li> </ul>	Date:
amayo here for you.	Loving Action:
	Date:
	Loving Action:
	Date:
	Loving Action:
	Date:
	Loving Action:

Step Six - Evaluating the Action	Write your evaluation here
Step Six - Evaluating the Action	Date:
Evaluate the effectiveness of your action.	Date:
Evaluate the effectiveness of your action.	Evaluation:
	Evaluation:
How are you feeling as a result of being in truth and taking the	
loving action? Are you feeling fuller and more peaceful inside?	Date:
Can you feel some joy and aliveness?	Date.
San you look come joy and anventees.	Evaluation:
If you are not feeling a sense of relief, go back through the	Evaluation.
steps, repeating the process until you discover the truth and	
loving action that lightens your heart and brings peace and joy to	Date:
your soul.	Date.
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	Evaluation.
	Date:
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