

YOUR DISEMPOWERING STORY IS A LIE!

It's something you told yourself in order to survive. It was never true! You are really your essence! There's nothing wrong with you. There never was.

We know that your needs were not met. You experienced traumas. But now you are no longer there. You're not a child.

We don't really care-for you to heal and be free-why your parents couldn't meet your emotional needs. They just couldn't. No sense spending more time analyzing. Now, you get to take responsibility and step in and be the parent to yourself now.

Because within you, you have a wounded inner child who still feels and experiences your blind spot and needs you and needs your love. It's been your inner child who has been "choosing" all of the "wrong" ones in your love life. You've been unconsciously choosing them! And now you can change that.

Who was really choosing these wrong people? The adult part of you who is successful at work? Has a lot of friends? OR your wounded inner child?

If you guessed your wounded inner child, you'd be right!

So next we will heal that part of you so you can move forward and have the inner space for love to thrive!

RELEASING YOURSELF FROM JUDGMENT

The steps to healing your "Inner Child."

01 Where you landed as a baby was not your fault.

The fact that your needs were not met the way you needed, along with the traumas you experienced doesn't change your inherent lovability and deservedness as a human being. You deserve to thrive!

So if you believed unconsciously that "something is wrong with me" you attracted people who supported that "hidden" and unconscious belief. Now we say "Bye Bye!" to your blind spot to transcend and heal that part of you, once and for all.

Remember that Your Disempowering Story "**I'm not important**" (aka I'm alone) was a lie you told yourself in order to survive. It was never true but it's been running your dating life and causing you to recreate your childhood and the familiar- all unconsciously.

It's time to parent yourself in order to heal yourself.



02 Write a Get Complete, Free & Real “Clarity Declaration” to complete your Childhood Relationship with your parents so you can be here now.

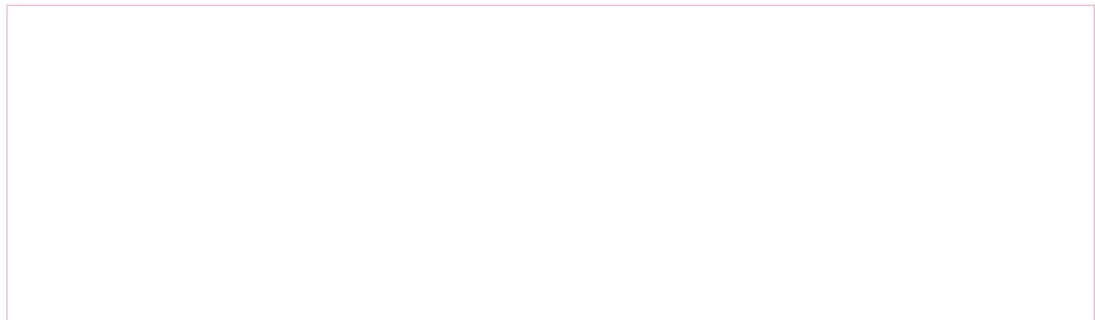
Get Complete from the Childhood relationship to your parents where your needs were not met. Do this as an advocate for your Inner Child. Imagine that you're a social worker representing your Inner Child. There is no judgment. Share what didn't work and how you wanted to feel.

It's time to parent yourself in order to heal yourself.

First step: Acknowledge that your parents gave you life and that the rest was a bonus. Be grateful that you are here. The fact that your needs were not met had nothing to do with you. So now you take responsibility for your life. If you experienced a great deal of trauma, we are not saying that what happened was okay. You are acknowledging and choosing to move on from it.

Second step is to write the following:

What didn't work in your childhood. Identify and make a list of all the things that were missing for you in your childhood. The pain, the disappointments, the challenges. Don't hold back.



For example:

- A.** What didn't work for me was how you were not there for me when I was growing up since you were always working.
- B.** It made me feel unloved, abandoned, misunderstood, hurt, confused and alone.
- C.** What I needed and wanted was your presence, your love, your time, and to feel important to you like I mattered.
- D.** I needed that because I was a child who needed her father..

Do this for each aspect of your childhood that was challenging, painful or missing. Now is the time to express any emotions you feel your parents without judgement. Lay it on the line. This is for you to gain clarity and heal yourself so you can step into a healthy, loving and connected lifetime partnership. This document and this experience is for you only.



02 Third Step: Next, sit with the feelings associated with what was missing. Really see it and start absorbing the new healthy perspective that you are an adult now. That a part of you was still hurt and wounded and you're honoring yourself and your needs. Imagine closure from being stuck in this old paradigm. Imagine freedom from being stuck in the past and wondering and questioning your choices and acceptance that you did the best you could, forgiveness for any judgement, regret, upset and criticism of yourself, and love for the human being that you are.

Fourth Step: Visualize the door to your childhood traumas and your parent/child relationship with your parents closing. Get connected to yourself and your freedom as an adult to create your life and move forward. Realize how unproductive it is for you as an adult to be suffering over your childhood that is long past and not happening now. Instead of the wounds and low vibration, I want you to visualize beautiful, new, open and healthy space in your heart and your life to welcome healthy love with the one who is waiting for you now!

Fifth step: End the document and release it and yourself! There's no need to discuss this with your parents or anyone else. And if you do, please know that you're not necessarily going to get agreement or satisfaction from anyone else. This is for you to heal yourself and step into your wholeness.



03 Parent Yourself

Imagine that you're the healthy dream parent to your inner child – the ideal parent you always wanted who had the tools and skills to meet your needs. You'll revisit a traumatic event or situation. The only difference is that this time, you're the parent! Imagine what you would have liked to happen, instead of what did.

Every day in the am when you wake up and at night before you go to sleep–starting now (don't stop until you're engaged), I want you to look into a mirror, and gaze into your own eyes (and if it feels uncomfortable, you're doing it right) and tell yourself what your inner child wanted to hear.

Now is the time to be your own perfect parent.

STEP 1. Think back to the earliest age you can remember a traumatic incident in your past when you felt afraid, abandoned, or criticized by those who were supposed to love you most and make you feel safe - when your emotional needs were not met (this usually occurs at around age 3). Write down the incident or event as best you can remember.

STEP 2. Looking back to that time objectively, if you were the parent, how would you have recreated it? What would have happened? How would your parents have treated you? What did you really want to hear from your parents at this time when you were so little. Come from the little child's perspective. Write everything you can think of.

STEP 3. The child you were back then lives on as your inner child. And today, you get to be mother/father to yourself. From what you wrote down above, what do you want to tell that inner child today? How could you help him or her to feel better and truly loved, seen and heard? Write down your words of reassurance.



03 Now is your time to think differently—and to nurture yourself and to be in your heart. You now have the distinctions. It's a time of exploration and stepping out of autopilot thinking—to transcend the status quo to change your reality to attract the love you deserve.

Every morning and every evening, stand in front of a mirror and look into your eyes. Look into your soul. With as much compassion as possible, say your name and tell your inner child those things that you wanted to hear from your parents all those years ago—and what you want your inner child to know today.

What will you tell say to your inner child?

You're going to be the parent you always wanted and needed.

Write a letter to forgive yourself.

Forgive yourself for times you've been critical or hard on yourself. Remember it's a journey and you did the best you could with the tools you had. Easy does it.

