

GET FREE & COMPLETE FROM YOUR CHILDHOOD

WORKSHEET

It's time to close the door your childhood -- living life unconsciously from the past.

We do this exercise to move "past the past" so you no longer operate from your childhood wounds and trauma.

Starting now, you're going to meet your own needs for yourself and close the door to the past--the child/parent relationship -- so you can relate to yourself as a healthy and emotionally whole adult who is fully present now and ready for love!

You now can stand for your inner child, providing the stability and safety you've always wanted. You are ready to meet your own emotional needs and go conscious to raise your level of healthy thinking.

Get Free & Complete From Your Childhood exercise

This exercise will allow you to be totally free from your childhood! You'll experience a tremendous sense of emotional freedom and create even more inner space to welcome healthy love into your life and be free from the past (and the unconscious stories running you from the past).

Do this exercise as an observer. You are not re-living it.

Imagine you are the representative of your inner child like a social worker. You're observing, not reliving.

You're expressing it all and acknowledging the problems and getting all of the emotion OUT OF YOUR BODY AND PSYCHE. This is the last stop in your childhood.



Step 1

Begin this process by first by thanking your parents for giving you life and anything else you want to thank them for.

(Note: When there was trauma, we are not saying what happened was okay. It wasn't. You 're-choosing a new perspective to move forward powerfully and you are choosing to live in the present. This is all done with empathy.)

Step 2

Write down all of your unmet physical and/or emotional needs in childhood--all of things that caused you upset or trauma. (i.e., you were critical).

(Note: You can refer to the table of unmet childhood needs in Module 4.3)

Step 3

Express how it felt to not receive what you needed & wanted (i.e., I felt unloved, abandoned).

Lay your feelings on the line. It's not about bashing your parents. Instead, it's about you gaining clarity and healing yourself from shame, avoidance or people please so you can step into a healthy, loving and connected lifetime partnership.

Again do this with an observer perspective and express it all like an objective social worker would (i.e., what would social worker say to your parents about how they treated you or how they treated each other and how they modeled love for you? She might say "The way you treat your child is awful and wrong!! You'd better straighten out and be loving or I'm going to take her away from you." You're sharing your truth.

Step 4

Express what you wished you received and how you wanted to feel (i.e., I wanted to feel connected, safe, held, protected . .)

With so much empathy for yourself and your inner child, really acknowledge what you needed and wanted then and now you'll be generously giving and loving yourself by meeting all of your needs for yourself.

Step 5

Express why you really need whatever was missing (i.e., I was just a child).

Your feelings matter, what you want matters. You are a human being. Write down specifically why you want and need what was missing.

Step 6

Sit with the feelings associated with what was missing.

You will feel different emotions. You may experience sadness, anger, or even rage. Allow yourself to feel those feelings! Allow yourself not only to feel those feelings, but let them out. If you feel anger, you punch a pillow. If you feel shame or sadness, take a hot bath with lavender and have a good cry. It's cleansing. Let them out! Release them.

Step 7

Begin to absorb the new healthy perspective that you are moving on from your childhood and thinking differently!

Now you get to choose closure from your childhood, acceptance of yourself as you are, freedom from the pain of the past and a total end to suffering!

Visualize the door to this part of your past closing and visualize a beautiful, new, open and healthy space in your heart and your life to be YOU, to always be true to yourself and to welcome your soulmate into your world!

Step 8

End the document and release it and yourself!

You can tear it up or burn it if you wrote it on paper. You can even have a completion celebration! Do whatever you need to do in order to feel complete from the weight and limitations of the past. You have a whole new perspective and freedom to be you, to choose yourself and to meet your own needs!

Step 9

Write a love note to forgive and acknowledge yourself.

You're an amazing person! You are here! You have so much love to give and now you are ready to receive! Acknowledge your greatness. Forgive yourself for times you've been critical or hard on yourself. Remember the past is gone! Choose to let go of being hard on yourself or accepting less than. You're on a journey and you did the best you could with the tools you had.

I choose to forgive myself for. . . .

I love and acknowledge myself for. . . .

Step 10

Give yourself a big hug and celebrate!

Turn on some music and dance! You deserve to be happy, to receive love and experience joy! This was a huge step to your freedom and new life!

Let's Write

WORKSHEET

How does it feel now that you've done this exercise? What was challenging?
What felt the most empowering to write?