

APPENDIX 3

Inner child Process—Light version

This brief version of the Process involves just one question for each of the five movements. It is ideal when you have only a few minutes available, and you don't have the space for a more deeply contemplative inquiry.

1. How am I feeling right now?
2. When have I felt this way before, earlier in my life?
3. What was my need then; what would have helped me feel better?
4. How might I have this need met today?
5. What does my child need from me when he/she behaves this way?