

## APPENDIX 4

### Inner child Process—Super Light version

Sometimes it's enough to simply pause and ask yourself what was going on around you when you behaved similarly to your child, or when you were roughly his or her age. That fundamental shift in focus— 'What of this is about me, and not about my child?' —can be revolutionary, opening-up a potential treasure trove of new insights. You have gone deep enough when you touch upon the *feeling*—and not just the thought—of having been a child once. Simply ask yourself the dual questions:

- ⊗ How was this issue for me when I was a child?
- ⊗ What would I have needed then?