

Three Steps to Heal Your Inner Child

Self-Parenting

- ▶ **Listen to your thoughts, feelings, and needs.**
- ▶ **Be a good parent to your inner child through time, touch, and talk.**
- ▶ **Create healing activities.**

Spiritual Parenting

- ▶ **Prayer, meditation, and study.**
- ▶ **Experience value as a daughter or son of God.**
- ▶ **Healing of memories with spiritual mentors.**

Mentoring or Re-parenting

- ▶ **Heal hetero-emotional and/or homo-emotional wounds.**
- ▶ **Experience love through mentoring relationships.**
- ▶ **Participate in healing activities.**