

INNER CHILD:

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30 SCRIPTS FOR RELAXATION, IMAGERY, & INNER HEALING VOL 1:

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[In this script, participants get to know, communicate with, and learn from their inner child.]

Script: Allow yourself to imagine your favorite scenic place ... This place can be the seashore ... the mountains ... your backyard ... your house ... wherever you feel most comfortable and can spend time ... even if the world is calling you to come back ... Allow yourself to walk towards this place.

What do you see around you? ... Continue moving towards your special place ... As you get closer, begin to notice the faint outline of a child sitting ... or standing in your favorite place ... As you come closer, notice that this child looks like you ... but a younger, smaller version of you ... Notice what your child looks like ... What is he or she doing?

Is your child taking in the sights ... or looking at the ground? ... As you get closer, reach out to your child and say hello in whatever way you (93) think your child would want to be greeted ... Ask your child if you can spend some time together. If your child does not want you to get too close ... respect your child's need for distance and just be with your child from a distance ... If your child allows ... go over and sit, or stand, behind your child ... Look in the same direction as your child ... as if you were one ... See what your child sees ... Hear what your child hears ... Feel what your child feels.

Ask your child what it is like to be a small child ... and what is good about life ... What concerns does your child have? ... Keep in mind that no concern is too small ... or too large ... Listen with an open mind. Then ask your child what he or she most wants or needs from you ... Allow your child to communicate in his or her own way. He or she may point ... draw a picture ... or whatever Your child may just want to be held ... told a story ... or be given something. Allow your child time to think and then answer you in whatever way is unique to your child ... What does he or she most need or want from you? (94)

Listen to ... look at ... think about what your child most wants from you ... If you can, go ahead and give it to your child ... If it is something that you cannot give, tell your child what you can give ... If it is something that is possible in the future, tell your child when this will be possible and give your child something symbolic of your promise for the future. Give your child a hug ... and ask your child if he or she wants to go back with you today ... If so, allow your child to say goodbye to his or her surroundings, with the promise to return whenever your child desires.

If your child does not want to come with you ... tell your child you will return when he or she calls for you ... If you want, tell your child that someday ... you would like for both of you to be together. ... Pause ... Now it is time to bring your attention back to the present. Begin to picture this room ... When you are ready ... take a few deep breaths ... stretch out ... and open your eyes. [Repeat the above instructions until everyone is alert.] (95)