



Inner Bonding[®] Daily Practice

1. Feel your feelings. (i.e.; note emotions such as anger, sadness, anxiety, confusion or fear, and body sensations such as a lump in throat, tightness in the chest, or a clenched jaw.)
2. Move into the intention to learn about how you are causing your feelings (the feelings of your inner child).
3. From your loving adult, ask your inner child: **WHAT AM I (as your parent) DOING OR SAYING THAT'S CAUSING YOU TO FEEL THIS FEELING?**

Let your inner child respond to your question by writing with your non-dominant hand here*:

Loving Adult, ask: Tell me more about how I am not taking care of you.

Loving Adult, ask: What would you like me to do instead? How would you like me to take care of you? What action could I take that would feel loving and supportive to you?

*hint: the child does not speak from the intellect. His or her words are usually emotional and come from the gut. Don't expect your inner child to know how to spell or use correct grammar. Do not edit the voice of your inner child even if what he or she is saying does not appear to make sense. The child may start with words like: "You're telling me..."; "You're saying..."; "You're not..."; "You're always...", or the child may just start with scribbling. No matter what your child does or does not do, your job is to listen and feel his or her feelings. It is NOT your job to interpret. It is your job to ask the child part of you for clarification and understanding when you think you know what your inner child wants to say.

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Inner Bonding[®] was developed by Drs. Margaret Paul and Erika Chopich.

After learning from your inner child how you are causing his or her pain:

4. Ask your Higher Power/Spiritual Guidance/Wise Mind:

WHAT IS THE TRUTH ABOUT MY INNER CHILD?

(Other ways of asking this same question are: “If I could see my inner child through your eyes, what would I see?”; “What is the truth of my inner child beneath all of his or her pain and acting out strategies?” It is also helpful to ask specific questions, especially those that are in response to things your inner child told you that you say about him or her. For example, “Higher Power, my inner child says I am telling her that she is worthless. Is it true that she’s worthless? And if not, then what is the truth?” Another example is: “God, my inner child is telling me I’m hurting him by saying he is bad and deserving of punishment. Well, I believe that he *is* bad and he *does* deserve to be punished. Is this true? If not, what is the truth?” Other questions you can ask include: “Am I precious?”; “Am I innocent?”; “Am I a failure?”; “Am I deserving of love?”; “Am I beautiful?”; “Am I dirty?”; “Was it my fault?”

Let your higher power/spiritual guidance/wise mind respond here:

Once you hear the real truth from your higher power, ask:

If what you say is the truth about me, then what is the loving action I need to take on behalf of my inner child?
[Let your higher power respond here.]

5. Take the loving action.

6. Evaluate the loving action over time.

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