

# Healing Your Past

Heal your Inner Child and change your behavior from re-active to pro-active.

Identify your triggers or situations that awake strong emotions or tension in your present life. Make a list of the ones that immediately come to mind.

1

2

3

Take time to examine each of those triggers of situations and try to remember the earliest you felt this way, probably in your childhood.

1

2

3

Write down, why you had to act or think or feel this way when you were a child. Most likely there was a valid reason for you to behave a particular way: you needed to feel safe or get attention or hide from the unwanted attention, so on.

1

2

3

Acknowledge the pattern created out of that childhood event and write down how you are using it now in your present life.

1

2

3

Forgive yourself and others for creating and reinforcing this pattern and decide to let go. Write down why it is important for you to let go.

1

2

3

Write down two different ways you can react to your present triggers or deal with a provocative situation.

1 a)

b)

2 a)

b)

3 a)

b)

Please, continue working with your old behavioral patterns using this process and commit to becoming pro-active rather than re-active in your daily life. Check in with yourself and course-correct if necessary.