

Childhood Regression

Step 1: Acknowledge

- Close your eyes
- Go back to the age you need. Picture yourself visiting the younger version of yourself.
- Ask your younger self to describe how you feel.
- Sometimes talking about it resolves it, sometimes it helps you see things differently.
- Just 'listen' to yourself until your younger self feels 'heard and acknowledged'.

Step 2: Address

- In your mind, give your younger self what she/he needs. For example if she wanted to be warm or read to etc. do it in your mind.
- With your current adult understanding, you can help the younger version of yourself 'understand' the situation better. Help him/her see things in a more positive perspective of the situation with an explanation.

Step 3: Appreciate & Accept

- God allows things to happen as part of a perfectly orchestrated plan that benefits us in some way. List things you can appreciate about your childhood situation.
- Talk about how you can accept the lessons as it plays a part in refining you and forming you into the person you are today. You will heal fully when you've learned to appreciate and accept the situation of your youth.