**4th Step Inventory With Your Other Hand**

***When feelings are experienced rather than denied, they lose their power!***

***Sitting with your feelings is an act of self -love.***

**What you need:**

* Both Laundry Lists
* 12 Steps for Kids
* Promises
* Favorite Childhood Picture

*(blow it up to 8×11)*

* phone timer
* Paper and crayons
* Inner Family Blue Print

***Thank your Critical Parent for all their help.***

***Ask them to step outside.***

***Cradle your child picture and gaze into your little one's eyes.***

***Say child's version of Steps1-3.***

***(We Can't   He Can   Let's Let Him)***

***Your love affair with your inner child has begun‍!***

**ASK:** Pick a trait

Example: ILP (Inner Loving Parent) Read trait 5 (1st person) to inner child, repeating it slowly and allow the words to change as you read; like your singing them a song.

IC (Inner Child) you are breathing and listening to your ILP for 5 minutes.

**ALLOW:**

IC: Keep breathing and begin to write with your child’s hand (Non-Dominant Hand). You are safe... Let the words flow out of your pen...get ready to hear your child's voice (for 5 min).

**LISTEN**: Read what your child has written as you breathe and feel any feelings surfacing. Say the words on the blue print: calm, compassion, curiosity, competency.

**WAIT:** Make a promise from the promises list to your IC. Recite it lovingly,gently and with respect to your child. By making a promise you have made your child feel safe and reassured that they can trust you to be there for them as they continue their inventory.

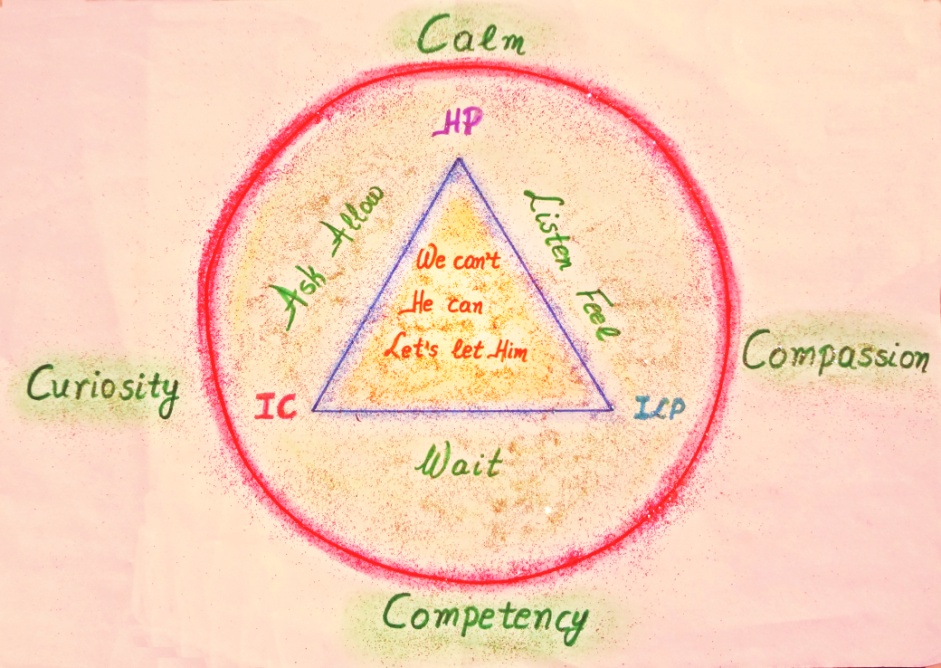
Pick a flipside trait from laundry list and let your IC express. This will teach you to **PRAISE** your little one on a daily basis.

***Repeat this process 10-14 days per trait.***

***Date and record on each letter from your child the trait and the promise you made them.***

***Once the space for an Inner Loving Parent opens, our inner child emerges and engages us in a loving, caring, discerning manner that often may surprise us.***

**Inner Family Blue Print**



**For more information and support using this tool contact:**

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