

## 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 8x11)
- ✓ 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 Steps 1-3.  
(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.

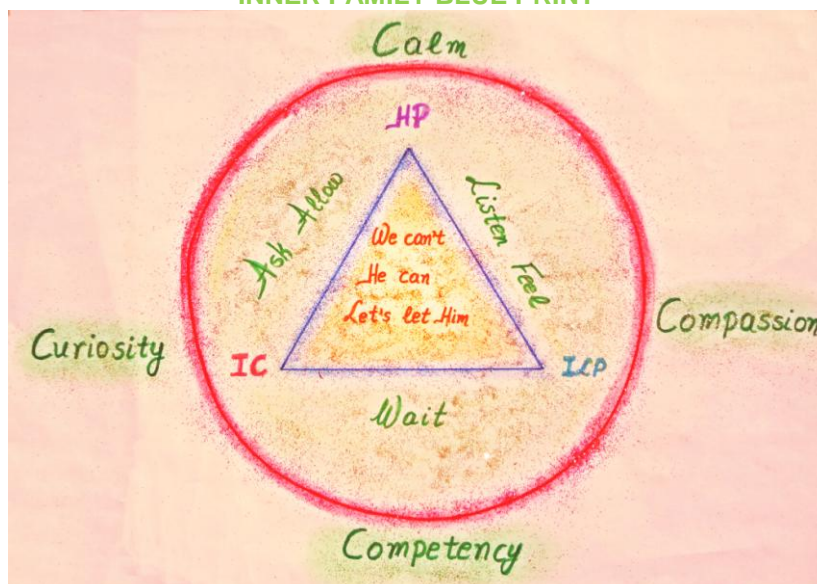
Pick a flipside trait from laundry list and let your IC express. This will teach you to **PRAISE** your little one on a daily basis.

*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:  
Diana Blue-Sky

WhatsApp:  
727-776-4968,  
e-mail:  
danceonfire10@gmail.com