

Beloved \_\_\_\_\_ Session # \_\_\_\_\_ Date \_\_\_\_\_

## Honoring the Inner Child at Age \_\_\_\_

1. Is there an experience, a situation, a feeling, or a name that is coming to your mind?  
What happened? Can you describe the situation? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
2. How old were you here? \_\_\_\_\_ Did you have a nickname? \_\_\_\_\_
3. Do you feel like you can speak from that age right now? YES NO  
Does it look like you are a third party, observing the situation like you are watching a movie?
4. What do you notice about the scene—any details stand out to you? What does this mean to you or remind you of? How does this make you feel? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
5. At this age, are there any strong, negative emotions that keep affecting you here?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
6. AGE-year-old BELOVED'S NAME, what do you do to help BELOVED deal with this?  
Why do you do this for him/her? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

7. So are you okay with observing the situation as a third party? YES NO

8. Are you able to stay there? What do you see? How do you feel?

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9. Have you already forgiven the people involved? YES NO

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10. Even after you've forgiven, are you still holding on to negative feelings toward yourself?

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11. AGE-year-old BELOVED'S NAME, do you know that Jesus is your Savior? YES NO

12. Would you like to know who He is? YES NO

13. So how do you feel right now?

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