

## [HEAL THE INNER CHILD](#)



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There is a parent inside each of us, as well as a child. And most of the time, the parent scolds the child almost nonstop! If we listen to our inner dialogue, we can hear the scolding. We can hear the parent tell the child what it is doing wrong or how it is not good enough. We need to allow our parent to become more nurturing to our child.

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Much of the inner child work promoted today is based on the teaching of speaking to your inner child, in other words, being identified with the parent role and then speaking to your inner child

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