

## Letters to and from “little me”

As you grow older and are no longer depending on your parents you may not remember your unmet childhood needs. Recognizing your inner child’s unmet needs is the first step in repairing the ruptures in the interpersonal bridges to SELF. Writing a letter from your younger self in your non-dominant hand is a helpful tool to excavate those unmet needs. Let the memories and feelings flow onto the paper. Write whatever comes up until you feel finished. Then have your grown-up SELF write back to your inner child in your dominant hand, assuring the child you are always going to be there now, keeping things safe. Use this space, more paper and/or your journal to write the letters

A Letter from “little ME”

Dear \_\_\_\_\_:

A Letter from “grown-up ME”

Dear \_\_\_\_\_: