

OPENING Your 30 Minute Sessions

Dear Inner Child,

Good morning to you. I, as your Inner Parent, want to spend the next thirty minutes or so with you in order to get to know you better. Knowing you and learning more about you is very important to me. I would like you, the Inner Child, and me, the Inner Parent, to understand and enjoy each other more completely. If you and I can learn to understand each other by communicating more openly, then we will both be happier.

I am going to ask you questions about things you know and experience so that I can learn more about your personality, feelings, and opinions. Please answer these questions as simply or as completely as you like. My goal during the next thirty minutes is to listen to you as best I can without daydreaming, judging or criticizing what you tell me. I really do want to get to know you and your viewpoints better.

I would also like you to know that even as I am trying my best to listen without judging, criticizing or daydreaming, I know that I will probably make some mistakes. Since I know this, I apologize right now in advance. As soon as I become aware that I am not listening to you objectively or attentively, I will apologize again and go back to listening to your answers as best I can.

Thank you for your cooperation.

The one who wants to know you best,

Your Inner Parent

CLOSING Your 30 Minute Session

Dear Inner Child,

It has been thirty minutes now since we have been talking and sharing with each other. I really have enjoyed it and I feel grateful that we could spend this time together. Tomorrow let's do it again and have just as much fun.

(You might also include some special words of appreciation specific to the session).

Thanks again,

Your Inner Parent