**6 Week Course**

Introduction

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Welcome to your six week inner child course. I hope you find it interesting and informative. Don’t worry it is not too hard. Let’s begin!

When someone talks about inner child work they are usually referencing it as trauma work. When we act out in certain ways as a reaction to our trauma we are really acting out from that child self. We could be acting as a 6 to 8 year old, maybe stomping our feet or screaming. It’s not because we are not an adult. It’s just because we haven’t done the inner child work - and that why it’s important to do inner child work.

Pay offs in doing inner child work are: being at peace, having a self connection, feeling connected to other people , animals and the planet, creativity, the ability to love, more confidence, getting free from anxiety and depression.

Preparation

As a preparation for the Course you will need a Journal and also to set aside some time, each week if possible even if you are busy, so that you can begin to create the life that is beyond the limitations that have held you back. Simply wanting to feel better will not be enough.