**6 Week Course**

Exercise

What iF I Connected With My Childhood

Exercise

Here in this next exercise you can now begin to explore your current relationship with your own past.

Start by completing the following:

‘Not connecting with my childhood has in the past enabled me, or now enables me to…’

EXAMPLES of possible replies to this question might include something like …

1.Carry on every day as though everything in my past was OK

2.Have a relationship with my family that I am familiar with

3.Feel safe

Having now listed out above some of the reasons for ***not*** connecting with your childhood, you can now write out below what are some of the main things you believe WOULD happen if you did actually connect, or connect more, with your childhood?

“If I thought about my childhood and really connected with that time in my life it would mean”:

Exploring Further

 What occurred when you did this exercise, or even SIMPLY thought about doing it, can give you clues as to what may need to be working on.

For example you may have had feelings or sensations come up within your body and you can now, as in the previous exercises from sessions 3 & 4, name these to yourself. Doing this can help you become more aware of what is actually going on for you underneath the surface.

It can also be very useful to write down in your Journal anything that you notice about your responses to the exercise, as well as your replies to the questions, and explore these further.