



Loving Parent Letter to Inner Child

Sweetheart, _____, I love you unconditionally!

You are a precious, innocent, loving and radiant spirit inside of me.

I will be with you through our trauma, our PTSD, one step / one piece / one day / one hour / one minute / one second / one breath / one thought / one feeling / one hug / one moment at a time!

I can take care of you no matter what circumstance we are in!

These feelings are painful - yet they shall pass, Sweetheart, I promise, these feelings shall pass.

These feelings are real, you are not making them up. These feelings from our childhood, from our trauma, neglect and abuse are buried deep inside. These feelings and behaviors from our trauma are NORMAL!!! Feeling these feelings - powerful as they truly are - will heal and release them...and reveal the true nature of our mistaken beliefs. These false beliefs will then transform and fall away. We are healing!

You have done nothing wrong by telling the truth!

We can do this! We are doing this!

I love, support, nurture, encourage you and will firmly and lovingly guide you through this process! You are not alone. You are safe.

I love you, Sweetheart, with all my heart and soul!

I will not abandon you, ever!

Loving you forever..._____

Use in good Self Love...feel free to amend/edit to your healing.
Robert N: Loving Parent Workshop, June 24-25, 2017