

RELATIONSHIP REFLECTION

Self. Inner Child. Friends + Family. Animals. Work. Community. Guides. The World.



RELATIONSHIPS

CONNECTION. HOW CAN I LOVE MY WAY THROUGH? whatever is challenging or tender right now...

WHERE IN MY RELATIONSHIPS—TO MYSELF + OTHERS—IS THERE VITALITY + STRENGTH?

Emotional intimacy, generosity, support, acceptance, joy...

ME: IN WHAT WAYS CAN I BE MORE TRUTHFUL + COMPASSIONATE WITH MYSELF?

WE: IN WHAT WAYS CAN I BE MORE TRUTHFUL + COMPASSIONATE WITH OTHERS?

THE WORLD: IN WHAT WAYS CAN I BE MORE TRUTHFUL + COMPASSIONATE WITH THE COLLECTIVE?

WHAT DO I NEED TO STOP DOING, LET GO OF? HOW CAN I BLESS + RELEASE THAT?

“Inner Child” is a symbolic name for the unhealed parts of ourselves. So, your Inner Child isn’t you as a kid. It’s your shadow that you’re here to heal with the light of your unconditional Love—consciousness. True progress happens when you parent your Inner Child fragments with gentleness and unwavering acceptance.

DEAR INNER CHILD, TELL ME HOW I CAN SUPPORT YOU...

A LOVE NOTE TO MY “POSITIVE” EMOTIONS + ASPECTS. Gratitude for qualities that might be easier to acknowledge + appreciate. *Thank you for... because of you...*

A LOVE NOTE TO MY “NEGATIVE” EMOTIONS + ASPECTS. Gratitude for qualities that might be difficult to acknowledge + appreciate. *Thank you for... because of you...*

A LOVE NOTE TO SOMEONE/PEOPLE WHO I FEEL CLOSE TO/RESONANT WITH.
Past, present, individuals/groups. *Thank you for... because of you...*

A LOVE NOTE TO SOMEONE/PEOPLE WHO I FEEL SEPARATE FROM/AVERSE TO.
Past, present, individuals/ groups. *Thank you for... because of you...*