

## BRIDGING THE INTELLECTUAL & EMOTIONAL GAP

CORE BELIEF: \_\_\_\_\_

What you know “rationally & logically” to be true about your core belief	What “feels’ true about your core belief

1. Close your eyes, relax, take a few deep breaths
2. Imagine yourself as a child, either in a specific situation or event that relates to the core belief or more generally yourself as a child thinking, feeling & acting according to the core belief. Conjure this image as vividly as you can:
  - a. Where are you?
  - b. When did this happen? How old are you?
  - c. What is happening?
  - d. Who is there?
  - e. What do you see, hear, smell, taste, feel?
  - f. Where do you feel what you are feeling?
  - g. What are you thinking, saying to yourself?
3. Get in touch with what you think & feel as a child. This relates to what “feels” true about your core belief. Allow yourself to experience these feelings...the pain, suffering, hurt, anger, fear, sadness, shame, guilt, frustration, confusion...whatever it is you felt as a child
4. What does your younger self need? What do they need to know or be told? In what way do they need to be protected, comforted, made to feel special, important, loved, cared for, good about themselves, safe, forgiven, told it’s not their fault, understood, have something explained to them?
5. Imagine yourself as an adult, equipped with what you know to be “rationally & logically” true about your core belief, entering the image & approaching your younger self. Imagine you are providing your younger self with what he/she needs. Tell your younger self what you have discovered as an adult about your core beliefs. Provide your younger self with the comfort he/she longs for.
6. When you feel ready, say goodbye to your younger self & prepare to leave the image. As you go look to your younger self & see him/her feeling more comfortable, reassured & at ease.
7. Open your eyes & bring yourself back to the present & reconnect with what is going on around you...what do you hear, see, smell, taste, see?