

HEAL THE CHILD, HEAL THE WOMAN: BRING EVERYONE TO THE TABLE FOR SOME LOVE

Directions:

- Identify your areas of weakness and painful experiences
- Close your eyes and think back to the **FIRST** time you sense you felt that way (It may not be a specific memory)
- Write how old you “feel” in/next to the bubbles for each emotional experience.
- Each circle is a “chair” - write the age that you experienced the different pain points to see where in your life you got stuck with certain experiences. Also write a single phrase that identifies the experience next to the chair.

