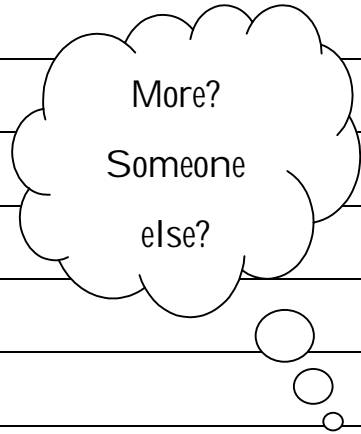
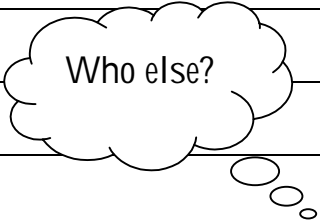


Are there sad parts inside?

Are they more sad than you? Someone knows. Tell us about sad.




It is important to thank all parts of the mind-
For being strong, or brave in spite of all that came before. It is important to recognize the efforts of the children who are still stuck in the past. Start by saying the words, Thank You...



Can you see your inside children?

See the child in you standing at your feet. Watch as the child begins to smile up at you. Smile back. What does this child know? Ask: What do I need to know?



Can someone else
speak about this?