

Healing Your Inner Child

Eric Berne, the man behind Transactional Analysis or TA theory places a major emphasis on the “child ego state,” which refers to the spontaneous natural child we all once were. TA also describes the ways that the natural child adapted to the pressures and stresses of early family life.

Our Inner child is also that part of us that houses our blocked emotional energy. In order to reconnect with our inner child, we have to go back and re-experience any emotions that were blocked.

Carl Jung called the natural child the “wonder child”—our innate potential for exploration, awe and creative being.

Psychotherapist John Bradshaw said, “I made the decision to reclaim and champion my inner child. I found him frightened to the point of terror. At first he did not trust me and would not go with me. Only by persisting in my efforts to talk to him and insisting that I would not leave him did I begin to gain his trust”

Infancy (first year of life)

Feeling the feelings

If you have a picture of yourself as a baby, take a long look at it. If you don't have a picture, find a baby and spend some time watching them. Either way, notice the baby's life energy. Here is a perfectly innocent, wonderful child who just wants the opportunity to live out their own destiny.

Debriefing

The first step in reclaiming your inner child or in this case your inner infant is a process called debriefing.

I recommend that you get all the information you can about your family system. What was going on when you were born?

What kind of families did your mother and father come from?

Was your mom and/or dad an adult child of an alcoholic?

It is a good idea if you can to write out this information as accurately as you can for each stage of development—in this case, infancy.