

Love letters

Imagine that you want to adopt a child. Imagine that the child you want to adopt is *you as a baby*. Further, imagine that you need to write this infant child a letter. The letter need not be long, maybe just a paragraph or two. Tell your wonderful inner infant

- That you love them,
- And you are so glad that they are a girl or boy.
- Tell them that you *want* them and will give them the time they need to grow and develop.
- Assure them that you know what they need from you, that you will give it to them, and that you will work hard to see them as the precious and wonderfully unique person they are.

When you have finished your letter, read it aloud very slowly and notice how you're feeling.

The following is the letter I wrote:

Dear Little John,

I'm so glad you were born. I love you and want you to always be with me. I'm very glad you are a boy, and I want to help you grow up. I want a chance to show you how much you matter to me.

Love,
Big John

Letter from Your Inner Infant

Now, although you might think it very strange, I want you to write yourself a letter *from* your inner infant. *Write it with your non-dominant hand*. If you are right-handed, that means using your left-hand. (This technique calls on the non-dominant side of your brain, bypassing the more controlling, logical side. It makes it easier to get in touch with the feelings of your inner child.) Of course, I know that infants can't write! But if an infant could write, they probably wouldn't write much—probably just a short paragraph. Here is how my letter looked:

Dear Big Johnny,

I want you to come and get me, I want to matter to someone. I don't want to be alone.

Love from your little Johnny