

## Letters – School-Age Self. Ages 6 to 12

As previously, write three letters:

One to your adult self from your school-age child telling you what his or her hurts are, how they feel and more

One to your parents and teachers, telling them what you needed from them but didn't get

One from your adult self to your school-age self, telling them whatever they need to hear, above all else that you value them, accept them and love them unconditionally

Depending on your history your school-age self may need to hear that the problems with their parents and other adults are not their fault and that you are here to protect them now

If they felt abandoned (because they believed they were unlovable and there is something wrong with them) they need to know that there is nothing wrong with them, that the adults have problems which are their problems and that they are loveable period.