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It's common to feel your emotional "wounds" activated, leading to familiar, unhelpful patterns. This 40-minute module offers a clear path to transforming these moments. You'll discover effective strategies for emotional self-regulation, develop a compassionate inner dialogue, and seamlessly weave healing into your everyday routine.

Get ready to empower yourself!





1.The STOP-BREATHE-OBSERVE-CHOOSE Technique

When you feel your wound being activated:

- **STOP:** Pause all activity and recognize "my pattern was activated"
- **BREATHE**: 3 deep breaths bringing air to your abdomen

OBSERVE:

- What is my inner child feeling now?
- What does she need to feel safe?
- What would love do in this situation?



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2. The Two Chairs Dialogue

Setup:

- Chair A: Your wounded inner child
- Chair B: Your loving adult self



Process (15 minutes):

1. Identify the Inner Dialogue

- Choose two parts in conflict. For example:
- Your adult self vs your inner child
- Your fear vs your courage
- Yourself vs someone you need closure with (real or symbolic)

2. Sit in Chair 1 – Your Current Self

- Speak openly about what you're feeling.
- Name your emotion: "I feel angry because..." or "I'm overwhelmed and don't know what to do..."
- Express without filters.





2. The Two Chairs Dialogue

3. Move to Chair 2 - The Other Voice

- Take a breath and shift your mindset.
- Now embody the other part (your fear, your child self, another person).
- Speak as if you are them: "I just want to feel safe..." or "I didn't know how to protect you..."

OBSERVE:

What is my inner child feeling now?

What would love do in this situation?

• What does she need to feel safe?

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3. Creating Your New Inner Dialogue

Instead of: "I'm a mess, I always ruin everything"

New dialogue: "I'm learning, and each mistake is a growth opportunity"

Instead of: "No one will love me if they really know me"

New dialogue: "I'm worthy of love just as I am, with my lights and shadows"

Instead of: "I have to be perfect to be valuable"

New dialogue: "My value is inherent, it doesn't depend on my performance"







3. Creating Your New Inner Dialogue

OBSERVE: What is my inner child feeling now? • What does she need to feel safe? What would love do in this situation? What would be your inner dialogue?

