

Give It One More Chance

# Exercise D

Week 2

Describe your wounded child, around the preschool age. Perhaps, ask a sibling or look at some old pictures. What was he/she like? What did he/she feel often? What were his/her safe spaces?



Describe your adaptive child, around 7-8 years old. What was he/she like? What did he/she feel often? What were his/her safe spaces?

Note your feelings as you bring these parts of you to light.

