



Chapter Six

A Very Important Friendship

As we've seen, in times of stress, it's often the little child within who's trying to run the show, but often people are not aware that this is happening. They feel in conflict a lot of the time because they try to make changes, and when they fail to do so, they get cross with themselves.

The problem is that when we become annoyed with ourselves for finding it hard to change, we're really getting annoyed with the little child within. It's their habit to earn and please their way into approval and acceptance from others. If we ourselves don't accept them, they're only going to feel even more compelled to carry on with this habit—this is why we become stuck.

So, we need to start by acknowledging their existence and by making friends with them. We need to honour them for coming up with solutions that once enabled us to emotionally get by in the world and thank them for their hard work.

It's also important to acknowledge that that little child will always be there—they're an integral part of us; they need to be reassured that just because we're going to make changes, we won't be abandoning them. And they need to trust that it's OK for them to let go of the struggle because we're going to take over and find ways of approaching life that are much easier.

When we do this, the little child within can begin to relax and let the 'adult us' take over. What follows is the first step towards letting go.

A Special Letter

Setting the Scene

In many years of working with clients, I've found that one of the most powerful ways to connect with the little child within is to write them a letter. In this way we can honour them and thank them. Most importantly we can reassure them.

It's a good idea to take some time to set the scene before you do this exercise. I often suggest that people take a few days before they write their letter and that in quiet moments they think about the little boy or girl they once were.

Here are some ideas to help you really tune in and connect with them. Not everyone is able to remember very much about their childhood; sometimes it's just a blur. If this is you, that's OK, but consider the following questions and see what comes to mind.

- What did you look like as a small child?
- Did you have long hair or short hair?
- Were you on the tubby side or skinny, tall for your age, average or small?
- What sort of clothes did you wear?
- What sort of toys did you like to play with?

- Did you have a nickname? If you did, think about your child self as this nickname; picture him or her in your mind's eye. If you didn't have a nickname just think of yourself as 'Little (your name).'
- Dig out some old photos, if you have them, and spend some time looking into the eyes of your child self.

When you feel ready, find a private space where you have peace and time to write your letter. Write it in a way that feels right for you. Take some time over it and write as much or as little as you wish to, kindly and with love. Remember that the little child within is only young, so it's a good idea to speak to them in language that's appropriate for their age. Make sure you include the following:

Honour Them

First, it's important to honour them—after all, when life was difficult they found solutions to help you survive hurts and rejections and to get people onside. No matter that those solutions such as 'people pleasing' or 'being strong' don't work now. At the time they were the best way to deal with problems.

So, acknowledge and honour those solutions and the hard work your little child has put in to keep you safe over the years.

Thank Them

Next, let them know how much you value them; say, 'Thank you,' for their hard work, and tell them how grateful you are to them for their efforts in struggling for you. Remember, the little child within may well have had many messages that told them they were wrong or bad, so it's important to let them know that they have done nothing wrong and that you wholly accept them. By saying, 'Thank you,' you acknowledge that small child as essentially good, and you reassure them that they've been doing a great job in the best way they can.

Reassure Them

Finally, let them know that it's time for you, the adult, to take over and that you're finding easier ways to deal with life's problems; they can remove their suit of armour now; they don't need to battle on and be the hero anymore. Reassure them that you're not trying to get rid of them and that you will keep them safe in your heart-space always, but that they can start to have fun and be joyful now, instead of carrying the burden of your problems.

Writing this letter, connecting with the little child within—this can bring up a lot of emotions for you, so you may find it very helpful to have someone at hand to support you after you've written it. It's quite normal to cry and often these are tears of relief, so be gentle with yourself if you feel moved to tears.



Alongside writing this letter, some people also like to burn a candle as a ceremonial way of letting go of the past and inviting in the future. If this is something you would like to do:

go ahead.



Amanda kindly offered to share her letter. Here is the beautiful letter she wrote:

Amanda's Letter

Dear Little Amanda,

All these years you've been there with me, helping me to survive in the world by wanting me to keep people happy and to please them so that I could feel safe and get them to like me. You've reminded me to be strong, to work extra hard so that people would be nice back; and that worked really well once upon a time. I just want to say Thank You so much for being there for me and trying to take care of me. I think you're an amazing and clever little girl for coming up with those ways to make life better.

When you decided, all those years ago, that keeping people happy was the right thing to do, it helped. But life has changed and, in fact, living life this way has been making me tired and unhappy for quite a while now. So it's time for us to do life differently. It's time to stop worrying about

pleasing people. You don't have to go anywhere, you can stay here with me in my heart and I'll take care of you now. Nothing bad will happen—only good things—and we'll be very happy, and we can dance and play and be close with people, just like you did a long time ago before life got hard.

Now, it's time for me to take care of us both and I am going to do that by finding new ways of keeping us safe and happy. I'm getting some help from other grown-ups and I'm learning how to let the power of love come in and help us too. We don't have to just get by and survive in the world any more, Little Amanda, we can do it differently now; we can be really happy and have lots of fun together from now on.

Thank You, Little Amanda, for being there for me all this time. I will take it from here.

I love you.



You may want to read your letter out loud to a friend. Or you may both want to do this exercise and read your letters to each other.



Now that you've made contact with your little child within, remember that you can always speak with them, out loud or in your thoughts. It's a really good idea to have a chat with them from time to time, in quiet moments, when you're washing up perhaps, or maybe walking the dog.

They'll always be there with you, in your heart-space. It's good to tell them how much you love them, and to remind them about the things you've said in your letter. You'll be reinforcing those loving messages for them and they'll be happy to surrender their control and allow you to get on with the next job, which is clearing your unwanted beliefs. We'll be doing exactly this in Part Two of The Transformation Process, 'Clearing Away the Fear Clutter.'

You can find out more and get your copy of Out Of Fear Into Love at www.outoffearintolove.com

© Marlène Rose Shaw 2021

www.marleneroseshaw.com