



Let Out Your Inner Child

The person in the poem recognized that all bad habits serve some adaptive purpose and asked the question, “**What does perfectionism give?**”

Picture your perfectionism as a *well-intentioned child* within you. Close your eyes and connect with that child. Allow the child to write you a letter explaining its **intentions, fears, and hopes** for you.

A large, empty rectangular box with a double-line brown border and rounded corners, intended for writing a letter from the inner child.

Read the child's letter aloud. Reflect on what the child is trying to do for you. Consider this child's origins in your life. Find warmth and compassion for this child.

Write a letter back to the well-intentioned child that has been causing you so much pain. Discuss how you want to work together. Let the child know that it is okay to be a "mess" and to love each other no matter what.

