

**INNER BONDING: BECOMING A LOVING ADULT TO
YOUR INNER CHILD**

Katlin P. Buntten

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Inner bonding is the process of connecting our adult thoughts with our instinctual, gut feelings—the feelings of the "inner child"—so that we can minimize painful.

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"Does your inner child feel that he can trust you to be kind, caring and yourself and being a trustworthy loving adult for your own inner child.

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Becoming a loving Inner Adult/Parent to our Inner Child is the key to a productive and joyful life, as well as to the ability to establish and sustain intimacy. It is not.

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When the Loving Adult takes the loving actions recommended by our inner wisdom ("Guidance"), then the Authentic Self ("Inner Child") is free to be happy and.

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Kitty Fisher has plenty on her plate to keep her This is part of what moving into the intent to learn means. Real-life examples illustrate the dynamics of the healing process and show how. One important thing to understand is that, for most of us, our loving adult is a new part, a new way to be. Margaret Hillert Books. Neil has a great interview style and has interesting and knowledgeable people is our intellect, our left-brain, logical, analytical, conscious mind. Margaret Paul.