

## Reconnect with yourself

Written by Ciara Murray

Thursday, 27 March 2014 09:51 - Last Updated Thursday, 27 March 2014 09:59

---

***It is never too late to heal and transform the child-part of yourself so that it can become a source of strength within you.***



Very often, the difficulties you experience as adults go back to needs that were unmet when you were a child. You may have experienced trauma as a child or your parents may have lacked the resources to give you what you needed. Now, as an adult, you look to your adult relationships to finish the job, leaving you as vulnerable and dependent as a child again.

In order to grow as an adult now, you may need to get in touch with the inner child in order to heal and restore its consciousness to its natural state. You may need to grieve the parenting you didn't receive before it feels possible to take over the job yourself but beneath the grief and pain, you'll find strength and independence as you learn the skills you need.

### **Work through your insecurity**

Psychotherapy can help you to know that you are not at the mercy of a situation, that you can interact as an active participant. You are grown up now and can make choices that were not available to you as a child, rather than continuing the pattern of powerlessness. An experienced psychotherapist will help you feel protected and supported as you learn to work through your insecurity and dependence on others. And you can rediscover your child-like sense of fun and jest, learning to relax, let go of stress, and open yourself to creativity, easy solution-finding, and a feeling of natural connectedness.