# Letter to a younger self

20 minutes

Nobody else needs to read this. Go at whatever pace you want, and stop whenever you want.

IF IT STARTS TO FEEL LIKE TOO MUCH

This is the tender end of parts work. These exercises are for witnessing with compassion. Unburdening deep wounds is work for a trained IFS therapist (ifs-institute.com/practitioners). If it starts to feel like too much, stopping is the right move, not a failure.

1. **Which age, or which memory?**
   *Me at nine, the week we moved.*

2. **What I want them to know**
   *I know what you were carrying that year…*

3. **If they answered, what they said back**

4. **Did any protectors step in? What were they worried about?**