

WRITING A LETTER TO YOUR ADAPTIVE CHILD



We all have negative relationship strategies we use when we're upset. You learned this as a child, when you had to adapt and survive in your environment. These coping skills are completely normal but not always healthy for adults. Part of healing is intentionally choosing the wiser parts of yourself and healthier responses while loving the parts of yourself that are just trying to survive. Writing a letter to your adaptive child is a great place to start.

My Dear Adaptive Child...

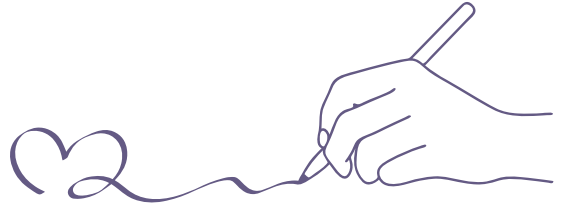
- Thank you for all you've done
- These are the things you've given me
- These are the things you've cost me
- I'm here now. I can take care of both of us

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*Worksheet taken from [Terry Real's Relational Life Institute](#)