

## **More Space for My Free Child (Deepening my relationships in the now)**

Many of us long for deeper, more satisfying relationships.

It is the Free Child within us that makes that possible —  
alive with spontaneity, emotional openness, and the courage to be real.

Yet some of these very qualities may have been softened or silenced early  
in life as a way of staying safe or belonging.

Today, we're simply inviting curiosity and awareness.

TA reminds us that awareness creates choice —  
and where there is choice, something new becomes possible.

---

Take a moment to look at the images.

- Notice which feel warm or familiar.
- Notice which feel distant, uncomfortable, or “not quite allowed.”

Gently ask yourself:

- What messages did I receive about this quality?  
“Don’t be silly.” “Don’t get upset.” , “Be helpful.” “Stop messing  
around.”, “Don’t be lazy”, “Stop daydreaming”; “you’ll hurt yourself”,  
“I don’t know what you find so funny”, “Look at the mess you made”
- What happened when I showed this side of yourself?
- How did quietening it protect you?  
What did it help you gain?

Just notice. No judgement.

---

Now bring it into the present.

- Does this quality still feel risky in adult relationships?
- When does it go quiet?
- Who does it feel safest to show this part of yourself to?
- Where does it still show up — even slightly?

Often the qualities we muted to survive  
are the very qualities that make intimacy possible.

So you might ask:

- Where could this part of me make my relationships more satisfying?
  - Where might it allow me to be known more deeply?
  - Where might it help me know someone else more fully?
- 

And finally:

If this part of me were allowed just 5% more space, what might that look like?

Perhaps:

- Sharing a small preference.
- Letting someone help.
- Saying “I’m tired.”
- Being playful for a moment.
- Not rescuing immediately.
- Doing something outside your comfort zone

Perhaps nothing in us has been lost — only protected.

And intimacy sometimes becomes possible when we allow just a little more room for what is already there.