

Exercise: The links between our own emotional growth and the emotional growth of children we work with.

Exercise 2 (p. 54)

Reflect on these questions:

- 1. What did you think of yourself in your early life? What were your bruises? How did you learn to live with them? How have the bruises enriched your emotional life?*
- 2. How have your hurts and healings increased your sensitivity to others, improved your caring skills, enlarged your capacity for holding pain?*
- 3. Are you familiar with your vulnerabilities relating to these bruises?*
- 4. Are there 'buttons' relating to these vulnerabilities which children sometimes press?*
- 5. What helps you to manage thoughtfully when your 'buttons' are pressed?*
- 6. How can you use your experience and learning to enhance the emotional growth of children?*
- 7. What have you subsequently discovered of the wellsprings of your own creativity and emotional growth?*