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APP - Louise

00:00

Julie

Well, it's been a good week, it's been a good week, I'm still finding I have more energy than I used to have. And my body feels a little bit more relaxed even since our last session. And it's been it's been good I really had a time to spend this week with my, my eight-year-old in her attachment room. And I think I'm, I'm starting to understand from whenever that stuff you've sent me that I've become her secure attachment figure, I've become the person she wants to attach to. It's me.

00:34

Ken

You're like that secure base, she can...

00:35

Julie

I'm secure base, that's the word yes, I keep forgetting the words. But yeah, I'm it is as like, I'm become her secure, to have become, she wants me to become her secure base. So. So I've spent some time. It's interesting, because sometimes I've realized she's around. And so then I just, you know, I'm trying to pay attention to here when she's there. And, and be available for her, and listen, and then connect with her when she she wants to connect so that she doesn't feel like she's alone anymore. So that's been, that's been very comforting for me. And I know for her so it's, it's been I've kind of put it into words, it's been, I guess, a reassuring week, in a way, where I feel like, it really does feel like we're making some progress in terms of, we've let go of those old anchors, those old, the original agreements that she made, it's like, we're working on her new agreement. And, and I was, and as you know, I like to journal, so I did some journaling and was able to write down with her help, I think through the journaling process. So that's okay with you can actually, I'd like to share what I what we came what I wrote down. If that's okay.

01:53

Ken

Absolutely, we can surely look at the journal and you can describe, I also want to check about that attachment activation when we left the session. You kind of said as, if the incident never happened. I'm just curious if that's the same for that inactivation, right? Now, when you scan your body and from zero to 10. In terms of attachment activation, zero, it is not active at all, and ten it is extremely disturbing, how, how disturbing, how active that incident feels to you?

02:21

Julie

Okay, well it's really kind of different, because it doesn't feel like it even in some ways, it doesn't even feel, well. it doesn't even feel like it existed anymore. So, which is very i, which even just thinking about it right now. Seems very surprising. And I, which is interesting because when I think about when I think about when I connected with my eight-year-old over the week, it was It wasn't because she was feeling anxious or scared. It was more because she just wanted to connect. So she was, you know, she was wanting to play she was just wanting to be with me. She was just being me.

03:11

Ken,
Absolutely, safety based anymore, it's about connection.

03:16

Julie
Yeah, that's really, yah, it is. It is, it isn't. It isn't. Yeah.

03:21

Ken
It's not about survival. It's about connection.

03:23

Julie
Yeah, it's about so that she, she knows she's got me to call whenever she wants somebody to be with her when she wants to play, when wants some attention, when she wants to just hang out sometimes. You know.

03:36

Ken
And it sounds like it's been a week to just be able to meet those attachment losses that she had. And your kind of giving her everything that she needed, right. Yeah. Absolutely. I would love to hear what came up in your journals. So.

03:53

Julie
Well, it's interesting, because even as, even as we're talking, I'm understanding, I'm even understanding it more. Because, because it took me time to sort of resolve. I'll read you what, what, when I, I reflected upon our session, and upon what I heard her say, was that, you know, what she wanted or her new agreement with herself was that I want a mommy.

04:25

Ken
I want their mommy, wow.

04:27

Julie

I want to be able to play with my mommy. I want my mommy to notice me and pay attention to me. I want to be able to go to my mom whenever I want. Then there was another one that was very interesting was, I want my privacy. So, it was interesting because it's like, oh, so it's like, it's like she wants me to be available, and there and see her. But she, you know the old saying she doesn't want to be attached at my hips. She wants her own independency as well, but she wants to know she can come to me.

05:13

Ken

She really wants you to be her secure base.

05:15

Julie

Yes, yes, yes. And I guess that's, that's, that's, she wants me to be the secure base because, because the last thing she said was that I have written down is I want to be able to be an eight-year-old girl. And, and I realized, even as I even as I, even as I went to journal this and I thought about our last session, it has been really hard for me to imagine what an eight-year-old girl would say. Because my eight-year-old girl, with my eight-year-old girl from with the old attachment agreement with the old attachment, wasn't an eight-year-old girl; she had to be a young adult; she was a young mother, she was a rescuer; she was all kinds of things. She didn't get to be a girl. So, so it was interesting to write this from the perspective of an eight-year-old girl and to say, okay, you can be an eight-year-old girl who wants her privacy, but he wants to do things. And then, and then eventually, I understood. When I put together that word, secure base, I finally understood when she said, I want a mommy. She wasn't saying, I'm going to go find a mommy out there. She was saying I want you, meaning me. She wants me. The six-year-old me now to be her mom. She really wants me to be her mom. She wants me to be available. She wants me to be able to play with her she wants me to do. She wants me to do all those things. She wants me to pay attention to be able to come to me when she wants and just to be that eight-year-old girl. And I guess as you asked the question, I realized that that's what's changed. That's what's different. Is she's coming to me. As a normal eight-year-old girl would say, Mom, can you come play with me? Can we hang out together? I have to pay attention, It is your cue. I have to really listen, you know, I'm saw her. So I have to pay attention, to listen to when I hear my little eight year old girl say I want to go outside. Because it's so easy to say oh no, we're too busy. As opposed to oh, okay. I have time now. Let's go outside, go for a walk. And so, it's, it's my because, it's because you want to do things with me.

07:58

Ken

So you're really present with yourself? And you listen, what, what is true for you? And you're not just dismissing anymore. But how's that for you to see that? You were able to give to yourself what you have been missing since you were eight?

08:15

Julie

Well, it's, it's it's, it's interesting, because I realized that I realized that some of these things I would have heard or sense just over the years, but I just ignored them. Because I was too busy looking after everybody feeling responsible for everybody. I the last person I ever paid any attention to was myself. I didn't pay attention I and I don't think I don't think I know. I didn't understand. I didn't understand that, that those things that were coming up. Were trying to get my attention for me to pay attention to me.

09:10

Ken

And I'm finally able to pay attention to you, what's important to you.

09:15

Julie

Yes, yes. Yes. And, and it's interesting, because, because the shift is I realized now, one of the shifts is is that before, I know, before the attention, the attention, she will try to get my I got I knew she was around when she was scared or terrified. Like all of those other emotions they were there and and agitated, agitated. And and again, because I didn't want to feel anything. I would just push it away, push it away and push it away. So I was used to pushing everything away. But now the impressions I'm getting are more subtle, or it's like just this is this subtle whisper like, can we go play but it's hard to put into words? And it's like, oh, so I'm, I have to pay more attention and be able to say, Whoa, yeah. Because you see, I realized that my eight-year-old girl and me, were really not separate. You know, she speaks in me. Because I had, so she's bad calling I could put it. She's now connected to me. So I can I have to that she wants me. And I want to listen to her. I'm not sure if I'm explaining that.

10:42

Ken

Stay connected. You're open to your attachments.

10:47

Julie

Yes, like, I guess that's she all she wanted me to be available. So to be available, I have to hear her and her. And so I guess that's when you asked about the activation piece, I realized the activation isn't there. Because she isn't coming to me. Those old feelings aren't there. It's more can we go play now. It's like this, you know, I'm quiet for a minute. It's like, whoa, this is impression that we should go outside and play. It's like I'm doing it for myself. But also, I realized that an eight-year-old would want to look into that as well. You know? So yeah, so that was so that's been a very interesting journey with my eight-year-old. And then I did then, of course, I did more journaling. Because then I went back to that situation again from, from last time and, and I noticed some other things. I noticed that, it has to do with my sister the Louise, I realized that I was trying to father her and mother for my whole life. I was trying to protect her. And that I was never able to just be her sister.

12:05

Ken

Absolutely. Because you found it was your, your fault. What happened? Right? That incident. So, then you felt really responsible when we were doing the processing last time, you discover that that has been kind of a huge part of your life. Maybe as an adult.

12:22

Julie

Oh, my whole life, my whole life, my whole life, my whole life. And, and you know, this is, this is the journey I'm on now. Right? Because, because then I think about Louise, and then I think about my other relationships, all right. And so now it's like, oh, it went even to my husbands I mothered and fathered my husband's. And it gets even more inclusive. I felt responsible for everyone. So I, I, understand now why I spent my whole life looking after everybody else. And I was just too busy, just to look after me. That's why I looked after everybody. Because I now understand that depth of feeling responsible. Whoa. And it's interesting because, because I even, even when I look at, at my work as a cardiothoracic surgeon, what am I do there, I'm now, I'm now doing surgeries that are necessary, because my colleagues either missed the diagnosis, they didn't listen to their patients, they ignored. And so now I'm doing surgeries often to find a diagnosis to remove a cancer, to work with different parts of the, of the heart. And often by the time I see people now, they're all that advanced disease. And so often it's too late for anybody to be cured, but my role now can be to help make them feel more comfortable. So, I'm, I'm

14:16

Julie (Cont'd)

I guess I'm still trying to look after messes other people feel responsible for other people. And in this situation, in my work, I know, I can play a big role. Sometimes the surgeries that I do, can just make, can make a difference. I'll make people feel they can breathe better. You know, there's many things that I do that help them with being able to live the end of their life may not have been able to prolong it, but I can make their lives more comfortable. So, it's again, it's like it's just seem how all of those patterns and things have played out in all the realms of my life.

15:04

Ken

That's huge right? For you to notice that all your life, you have been feeling overly responsible for someone else, try to protect them so that they don't get in trouble. Just like the way that happened with in that incident, it was happening at home, right? So, you felt really responsible about getting Louise getting in trouble, being a bad kid, because dad was saying that you're a thief, right? So, and then it kind of becomes more parenting, whether it is your parenting your sister, or professionally or your ex partners, it becomes a whole journey about parenting someone else to take care of someone else.

15:50

Julie

Yeah, yeah. And I think, and I think I look back on that whole situation, I realized that, I realized that the person that I felt most bad about, was my sister Louise. I felt I realized I, I don't, I didn't know how to be a sister. And I guess even today, I still feel responsible. And I just don't know how to help her.

16:25

Ken

Absolutely, and those relationships are important. So shortly, we're going to work on that part. And we're going to continue where we left off, and hopefully, hopefully, it will give you some tools to be able to, you know, navigate through that relationship as well because it's important.

16:45

Julie

Oh, it's just, it I think I became, I didn't realize the depth of that.

16:50

Ken

Yeah. Because when you couldn't be a sister, you also couldn't allow her to be a sister, right?

16:56

Julie

No, no.

16:57

Ken

So that kind of goes back to that I have to do things on my own.

17:01

Julie

Yeah, yeah.

17:03

Ken

So just take a deep breath, let it go.

17:08

Julie

So just a minute. So, we're going to do some more processing now is what you're saying.

17:11

Ken

We're going to do more processing and we are going to start with what just came up. You have identified, you have identified with what are kind of close to the surface okay,

17:25

Julie

Okay, so I'm going to close my eyes again? Because I know, okay.

17:32

Ken

Do whatever feels comfortable. Just bringing up that image where Louise has her secure self.

17:51

Ken

She has her attachment circle.

18:01

Ken (Cont'd)

Just keep breathing, just keep breathing and how is that for that young Louise, for the five-year-old boys to see that, the 57-year-old Louise and her secure self they can take care of her. You're just watching that attachment, right. Where Louise is reconnecting with her secure self, her attachments circle, and how was that for your eight-year-old self to watch that movie? How was that for her to see that where Louise has other helpers to secure self, and her attachments circle, and then the 57 year old Louise. How was that for your eight-year-old self to see that Louise also survived that situation. She's not trapped in the past.

19:20

Ken (cont'd)

And what would, what would Louise and her secure self say to the eight-year-old for all those years protecting Louise? What they say for her hard work? What would they say to you, for all those years protecting her? What would they say to your secure self? Just visualize, them being able to express their genuine feelings and gratitude towards, love and care and kindness you protected all those years and how was that for Louise, see that just the way that you have loved and protected her, exactly the way that you are protecting your eight-year-old.

20:16

Julie

This is really hard.

20:19

Ken

Just notice that, yes, just notice, that just go with that. Just watching the movie, let it unfold.

20:30

Julie

You want me to tell you what I'm seeing?

20:33

Ken

I would love to hear what you're seeing. So, we have five-year-old Louise with her secure self, and 57-year-old Louise.

20:49

Julie

Well, they're both, the five-year-old it's hard to say the five-year-old looks at my eight-year-old and says it's okay, I understand, I don't blame you.

21:11

Ken

Just understand. And how was that for the eight-year-old to know that, that Louise, never, ever hold that against her. How was that for the eight-year-old to hear that? How was that for your secure self to see that, to witness that for you as a six-year-old woman to hear that?

21:44

Julie

It feels, there's a sense of relief, release. I'm not sure of that word. It's sort of like, it's sort of like, whoa, she blame play me, she understands. So, there's this this feeling of being loved in spite of, I didn't do anything bad, I didn't do anything wrong. It's like she understood she, she understood the situation we were in, she understood what happened and she like she sees me with understanding not with judgment. Then she wants to thank, thank you, she wants to say thank you for looking after me.

22:45

Ken

Just notice that, go with that. Just notice that, go with that.

22:53

Julie

Cause she knows I'm trying to look after her, she knows I tried to protect her.

22:59

Ken

And how was that for her to reassure you that she absolutely knows that. How was that for the eight-year-old to hear that, to see that. What would your tears tell her. Take a deep breath let it go.

23:18

Julie

My eight-year-old is crying.

23:21

Ken

And what would your tears say?

24:24

Julie

My tears would say I'm so glad I could I try. Thank you for noticing. Thank you for noticing.

23:30

Ken

Yes, she has done an amazing job. And how was that for her to hear that from Louise. How was that to see Louise's secure self and adult self are there, and for Louise.

23:48

Julie

It feels good for both, for my eight-year-old self, and for me. For me to see that, Louise has her own 57-year-old self and her own secure attachment person that she has her own attachment place or attachment circle. It feels good. Feels good. Feels good know that she's that she's not alone. She has her own helpers that she has her own place to go with it. That we kept her we try to protect her as long as we could. And that it's okay now, oh my goodness. It's okay to let her go.

24:45

Ken

Just notice that notice that in your body, where they feel that in the body, and it's okay to let her go because she has her own secure attachment circle to return to, her secure self and her adult self are the secure bases for her and she has her own attachment road, her own safe habit.

25:16

Julie

I feel it in my breathing, I feel it in my chest.

25:23

Julie (cont'd)

I feel it my muscles, it's like it's like I can release her now. It's like I can it's like this awareness that I can, I can really, oh, like I can let her go I can I can let her go to, to her own place because I know she'll be safe there. I know she'll be safe and loved there I don't need to feel responsible anymore for her I can let her go because she needs to find her own secure place. She needs to know she has her own secure place inside her just like I have inside me. If I don't let her go, I won't. I wouldn't, I would be preventing her from finding that.

26:21

Ken

And just allow it, it's okay for Louise to show the eight-year-old and you, yourself, her own attachment road from where and which is her safe habit. Her secure self there, 57-year-old Louise is there.

26:48

Julie

Her room, you can see a little bit of her room. She's letting me see a the little bit. She's got lots of stuff in it, lots of toys. She likes her toys. She got lots of toys in that rooms, lots of stuffed animals in that room. It's a little messier than my room would be, but she'd like her messiness. I see her there now. Oh, my goodness. I can see her she's, she's smiling, she's, because she's got her own room now. she's got some dogs too. She likes her dogs too. She's got some dogs with her. That's a plant she's got lots of plants in her room. And windows too, she's got a nice big window too.

28:06

Julie (cont'd)

It feels good. Seeing that she's happy there, she's got her own place now. And I see her, 57-year-old, woah, 57-year-old is glad she's come back to her. She's glad that she's there now.

28:28

Ken

Just notice that in, in five-year-old Louise's attachments room it's her safe heaven.

28:41

Ken (cont'd)

And they have their own attachment circle.

28:46

Julie

I see, I sense there's, I sense there's people there. I sense there's, there's the animals. I don't really, I really don't know who all the people are but I know that she has lots of friends. I know she has lots of friends where she is now. So, I see, all her friends have been with her, her friends have been with her for a long time too. They've been holding space for her so, so it feels good because I know that even, even, when I wasn't there, she was still had somebody who was helping her.

29:37

Ken

Take a deep breath let it go. How was that for you to see it? How was that for the eight-year-old to she it? She has done an amazing job to protect Louise, but she doesn't have to do that anymore.

29:52

Julie

It feels good. She feels so good, there's this huge sense of relief that, there's a huge sense of relief that Louise is being looked after.

30:11

Julie (cont'd)

That she, thinks not only that she doesn't have to look after, but that Louise never felt, never blamed her, that

30:22

Julie (cont'd)

I guess, oh, realizing that Louise, she understands, Louise, Louise did look to her mother, father and she understands why now, and we tried as best we could we tried as best we could, but sometimes we couldn't so anything

30:56

Julie (cont'd)

We had to let her go many times we couldn't rescue her but now we understand that,

31:07

Julie (cont'd)

She has her own place to go to, so she doesn't need us, it didn't need us to rescue over and

31:13

Ken

And how was that you the eight-year-old? She has done an amazing job, she doesn't need to take care of Louise anymore. And what kind of agreement did Louise want to make with the eight-year-old? What would her secure self, her 57-year-old self, and the five-year-old Louise, what kind of agreement would they like to make with eight-year-old and with you. As they have their own attachment room, as they have their own safe habit to return to. They have each other.

31:55

Julie

They just want us to be able to be sisters.

32:00

Ken

They have a desire, they just want to be the sisters. And how was that for you to see that Louise misses you as a sister. They just want to be sisters. Take a deep breath, let it go, you're doing awesome.

32:25

Julie

I just want to be sisters. We want to be able to

32:32

Julie

just talk and joke and laugh.

32:39

Julie

Just connect as sisters, joke together, laugh together

32:54

Ken

Yes, and just visualize, your secure self and her secure self, doing that. As they model sisterhood what happens for eight year old, what happens to the five year old.

33:27

Julie

They get to see.

33:34

Julie

they get to witness, they get to see, how to be sisters. How for the eight-year-old not to feel responsible and for Louise not to feel like she needs to come to me to mother her that she can be your own little five-year-old so that

33:59

Julie

The two of them get to just be eight-year-old and five-year-old sisters who were could just hang out and play together, because they watch the adult show them how.

34:21

Ken

And how was that for your eight-year-old to finally have to learn how to be a sister and not a parent anymore.

34:28

Julie

She wanted so much to just be able to be a sister.

34:37

Julie

To be able to just play with her.

34:45

Ken

Just take a deep breath, let it go.

34:53

Ken

What else do you notice?

35:02

Julie

Well, I noticed that the two of them, I notice that the two of them can look at each other and

35:09

Julie

I notice them looking at each other and joking, they, they're just, I'm watching them they're looking at each other and they're smiling and they're joking and it's almost like they're you know young girls they are just poking each other I can just see them poking each other and it's like oh my god it's like, like, oh,

it's like they can go they can go back to before everything happened and they could just be playful and have fun together

35:46

Ken

It's just can be kids again

35:55

Ken

what's the emotion that comes up as you see them becoming kids again? As if the incident never happened.

36:07

Julie

I used to feel, I feel happy for them. I feel sad or feel sad that it took so long.

36:19

Ken

That is okay, so we are just processing just notice that.

36:24

Julie

I'm grateful, I'm grateful that, I'm just grateful they can start being sisters.

36:34

Ken

Just notice what happens in the body as you see them becoming sisters.

36:44

Julie

I feel happy, I feel joy for them, I like feel, feel, feel, a sense of aliveness, I feel grateful, I feel happy. it's just like this inner; I don't know its hard to describe. It like

37:11

Julie

I can just see the energy of the two of them just having fun, free to have fun, and just play.

37:28

Julie

It feels so good to just see that. Feels so good to see that

37:32

Ken

Just notice that

37:49

Julie

I see them just hugging each other, they're just hugging each other, they're just so happy just to be able to hug each other.

38:06

Ken

Just notice that, take a deep breath and let go. What happens in your body right now as a six year old woman as you watch that unfolding, what's happening with the pain in your hip

38:23

Jilie

Oh

38:26

Julie

Oh

38:31

Julie

it's releasing I can, I can feel it releasing. I can feel like, my hip relaxing. It's like my, thinks it's crazy but it feels like it's getting younger. It feels like it's, it was, oh my god it was holding all of that for so long. It's like it was holding it, it can now let go now. It's like it can start to play, do its own movement now. It doesn't have to be holding all of that responsibility that it was told before.

39:38

Ken

And how was that for Louise that as her own secure attachment room, her safe havens. 57-year-old Louise is there, Louise's secure self is there, their attachment circle it there. How is that for you to be a witness, how was that for the eight-year-old to be a witness.

40:05

Julie

It feels good for everybody to see that it's, like feel that sense of calmness and peace. It's like there's a peacefulness, its different than calm, it's peaceful.

40:24

Julie

There's a peacefulness. There's, it's a sense. It's a sense that is the sense that it is a sense that is, it is, it is, all it should be now, it is, it is all as it should be, this is the way it's meant to be. It's all okay now.

40:48

Ken

Take a deep breath, and let it go.

40:53

Ken

Just see if there's anything else that needs to happen for those sisters, for those kids, for them to be able to be sisters, to be able to connect.

41:11

Julie

Hey, I can see them. They, they, they want to be able to share some of their toys, they want to be able to, they want to be able to invite each other to their room and they want company or they want to play so, they, they want to be able to share and trade things just like sisters do, they, they want to be able to share clothes or toys. They want to be able to share, they want to be able to share things.

41:49

Julie

They never got to that.

41:52

Ken

They never got to do that. So just notice what happens with that urge. The feeling of that you want to take responsibility for this. You want to look after her, what's happening with that feeling urge, with that word with that agreement.

42:05

Julie

What do you mean?

42:07

Ken

The one that you kind of felt like you have to take care of her be a parent

42:10

Julie

Oh, well it feels

42:17

I guess it feels like now. Oh, oh, now I'm ready. I'm letting go. I'm letting Louise to look after herself. And I'm trusting that the Louise to be able to look after yourself. I know she's got all the help she needs but it's, it's like I don't need I don't need to parent her anymore. Because she can. She's now, she now can do that for herself. And she's, she's, I guess as I as I let her go. She's seeing that. I trust her to look after herself. So I'm showing her that I trust her to trust yourself. Do you know what I mean? Like?

43:12

Ken

Yes, absolutely. (Sneeze) Excuse me. Yes, absolutely.

43:19

Julie

So, I'm showing her that I'm confident in her and that I'm trusting her to know when she wants to talk or if she wants to connect or she wants her privacy. I'm giving, giving, giving her, her life back, I'm giving her life back.

43:54

Ken

and how was that for your eight year old to say that, and you're not parenting Louise anymore.

44:04

Ken

How was that for her to see that you're giving her life back or not allowing it or not allocating more energy to parenting her.

44:17

Julie

Well, it means that, it means that Louise has her life back as well. And so does my eight-year-old as we, as we let go of Louise, my eight-year-old and I we get our life back too.

44:39

Ken

Just notice that feel that in the body, where do you feel it?

44:50

Julie

I think that, I feel more my belly.

44:53

Ken

Just noticed that feel, that feeling and the eight-year-old back to her secure attachment or safe haven. Everybody in the circle is there, they are welcoming her. Now, she is a sister, she's not going to be a mother to Louise anymore. And how do they want to celebrate? Just allow them to celebrate. Take your time and allow them to celebrate. All the way that they want to celebrate. They celebrate you not parenting Louise anymore, and they celebrate having your life back, giving her life back.

45:53

Julie

They're just full of joy. They're singing and dancing, and like they're having a party, they're having a party and

46:08

Ken

Yes, and what happens in your belly? What happens in your body as you see them kind of celebrating?

46:20

Julie

Oh

46:25

Julie

Oh, it's like my, it's like, my belly becomes my own belly. It's like my, it's like, you're going to think this is crazy. But it was almost like I, it was almost like, I had this umbilical cord running to the Lousie I was trying to parent her, it's like, say, like it's been. It's been. It's like it's not there anymore. So it's like my, my belly is all mine now.

46:55

Ken

Absolutely.

46:56

Julie

My belly is all mine. My energy is, oh my goodness, my energy that I was sending to her is now coming back, staying with me. It's like the energy is coming back to me to be with me.

47:18

Ken

Just notice that, allow the celebration to happen. Take a deep breath, let it go. When you're ready, you can let me know. Then we'll do some planning for the next session.

47:48

Julie

Everybody's pretty tired. Everybody's pretty tired. It's been lots of feelings, lots of excitement. You're ready to have a rest now. Ready to have a rest!

48:03

Ken

Let them rest in their attachment room and help each other. Be in the circle. When you're ready, let me know whether you start to plan for our next session.

48:18

Julie

Okay, just got to say goodbye to everyone. I just got to let them know I got to get going, but I'll be back.

48:24

Ken

Yes, we will be back to support, and you can even tuck in the 8-year-old self. Remember, Louise is tucking in her five-year-old self.

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