

# INNER CHILD

HEAL YOUR WOUNDS

*A workbook designed to help you discover  
and heal your childhood wounds*

# Inner Child Wounds

Inner child wounds were caused by major or minor traumatic experiences during our childhood. As adults we invalidate and downplay these negative experiences because we are looking back with adult eyes. But the truth is that these wounds block away part of our authentic self and completely influence the way we see and live our lives. Instead of continuing to push your emotions further down into the corner of your soul, you can choose to heal and improve your adult self.

# TRAVEL BACK IN TIME

All of us experienced some kind of trauma as children and no matter how small it was, it needs healing. The first step is to identify your wounds. Take yourself back to when you had your earliest memory of feeling ashamed, scared, abandoned, rejected, unloved, used, unworthy, or other strong negative emotion. Mark it in the timeline and write down a brief description of what happened. Do the same with your next memories, until the last wounded childhood memory you can recall. Don't worry if you can't remember the exact order of your experiences.

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MY EARLIEST MEMORY

MY LAST MEMORY

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# UNDERSTAND YOUR WOUNDS

We cannot heal ourselves and truly embody our adult lives if we are still subconsciously being affected by the wounds of our childhood. This journal will help you get a new perspective on each wounded experience and begin the healing process. Print one copy for each wound that you identified previously. As this exercise can be quite exhausting, remember to be kind to yourself and respect your pace dealing with each memory.

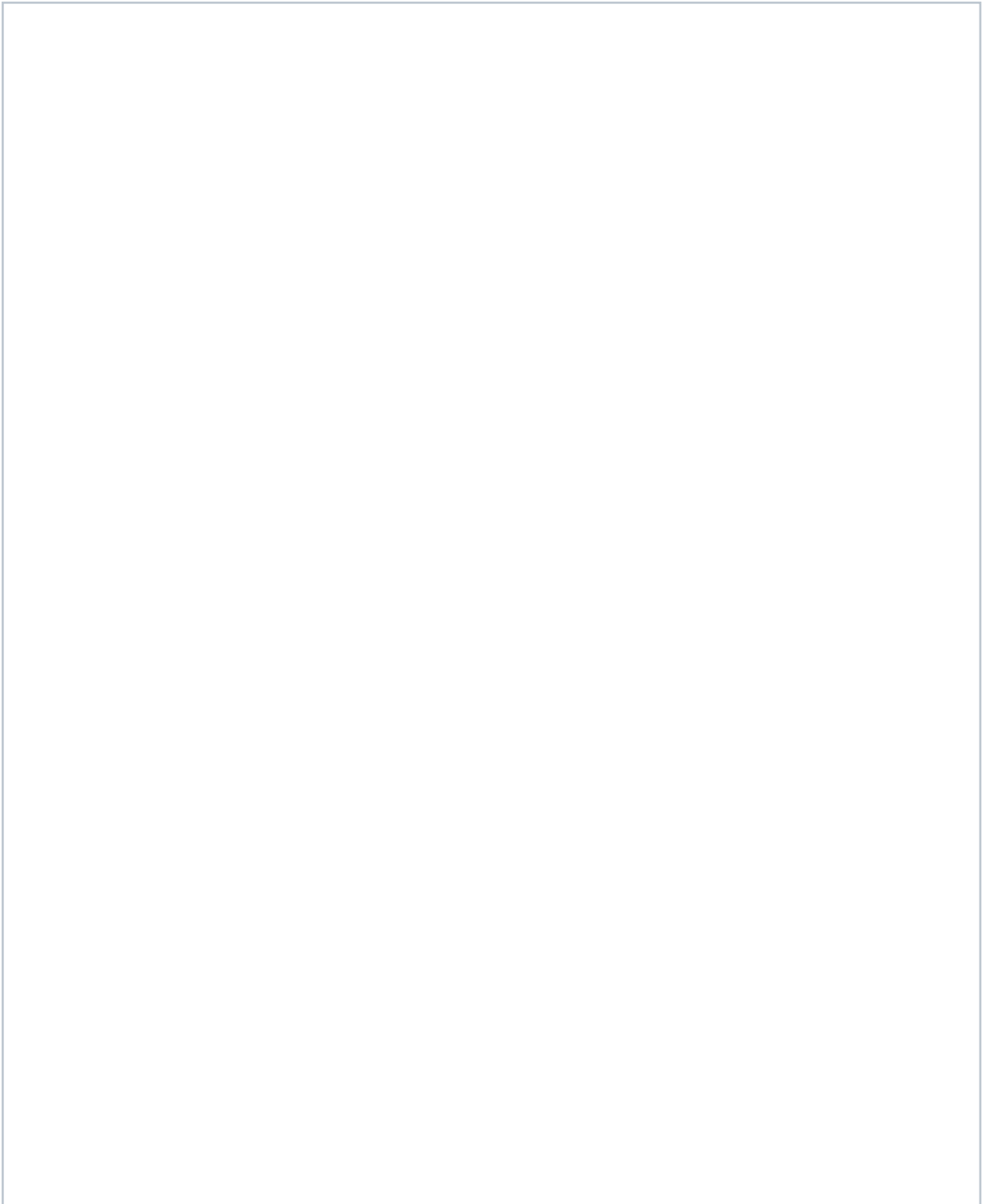
1. GIVE YOURSELF PERMISSION TO GO BACK TO THAT DAY. WHAT EXACTLY HAPPENED? HOW DID YOU FEEL AND WHY DO YOU THINK YOU FELT THAT WAY?

2. DID THIS EXPERIENCE SHAPE YOUR WORLDVIEW IN ANY WAY? WHAT DIDN'T YOU SEE AT THE TIME? WHAT CAN YOU LEARN FROM THIS EXPERIENCE?

3. BE THE PERSON YOU MOST NEEDED AT THAT TIME. GIVE COMFORT TO YOUR INNER CHILD BY TELLING HER THE LOVING AND SUPPORTING WORDS SHE WISHED SHE HAD HEARD.

# HEAL YOUR INNER CHILD

Now that you have accessed the fragmented parts of yourself and discovered the root of your fears, insecurities, and self-sabotaging inclinations, it's time to heal. Write a letter to your inner child to comfort her about all the negative experiences she lived. Find some guidance on what to say on the next page. If it feels safe to you, visualize or talk directly to your inner child instead of writing her a letter. During the healing process, you will notice that you begin to accept yourself better and feel more complete.

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# COMFORTING WORDS

How you speak to your inner child is extremely important. You cannot heal your inner child by blaming, shaming or punishing her. Be compassionate and talk to her in a loving way. Here are the 12 most important things you can say to nurture and heal your inner child.

## I LOVE YOU

We may not have had someone who told us 'I love you' during our childhood, but we can say it to ourselves because we deserve love.

## YOU ARE NOT ALONE

Many of us felt at some point during our childhood lonely or abandoned. Comfort your inner child by telling her she is not alone anymore because you are with her.

## I'M SORRY

Apologize for not being aware of your inner child's pain and needs in the past and don't let her hold on to shame and regret. It's self-destructive.

## IT WAS NOT YOUR FAULT

It was not your fault that your parents got divorced, that you moved to another city or... None of these things were your fault.

## I FORGIVE YOU

Forgive your inner child for anything she could have done better. You were only a kid when that happened, and like everyone else you made mistakes.

## YOU DIDN'T DESERVE IT

We did nothing to deserve to be beaten, ashamed or abandoned during our childhood. Oftentimes, the people who wounded us didn't know how to act otherwise.

## YOU DON'T NEED TO PROVE YOURSELF

Tell your inner child how her differences make her beautiful and that she doesn't need to prove herself to anyone.

## I UNDERSTAND YOU

Tell your inner child you understand her feelings and actions. Reacting negatively will never help.

## YOU ARE SAFE NOW

Oftentimes, when we feel hurt we push down our feelings and try to act strong. Tell your inner child that she is safe now and that you will keep protecting her.

## THANK YOU

Thank your inner child for never giving up, for getting through the tough moments in life together with you.

## IT'S OKAY TO CRY

If she wants to cry let her cry. Crying helps us relieve the pain inside us. There is nothing wrong with crying and we shouldn't feel ashamed of doing it.

## YOU DID YOUR BEST

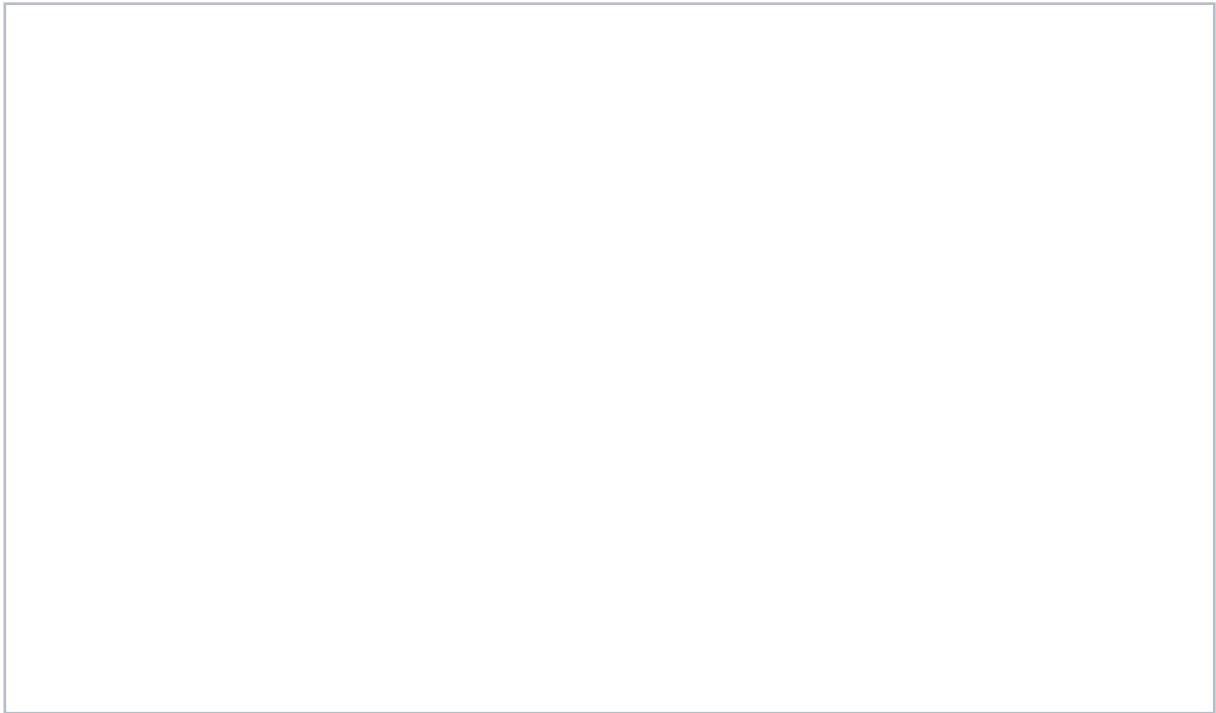
As children, a lot of us believed that we needed to do everything perfect, but the truth is that we are only humans doing our best every day.

# **Choose to Forgive**

Many times, in this healing process we realize that there are people that we have not yet forgiven. This section will help you begin the process of forgiveness. Don't worry if you don't feel yet ready to forgive. Give the first step and take your time. Remember that forgiveness is more about you than others. When you choose to forgive others, the person that will benefit the most from this decision is you.

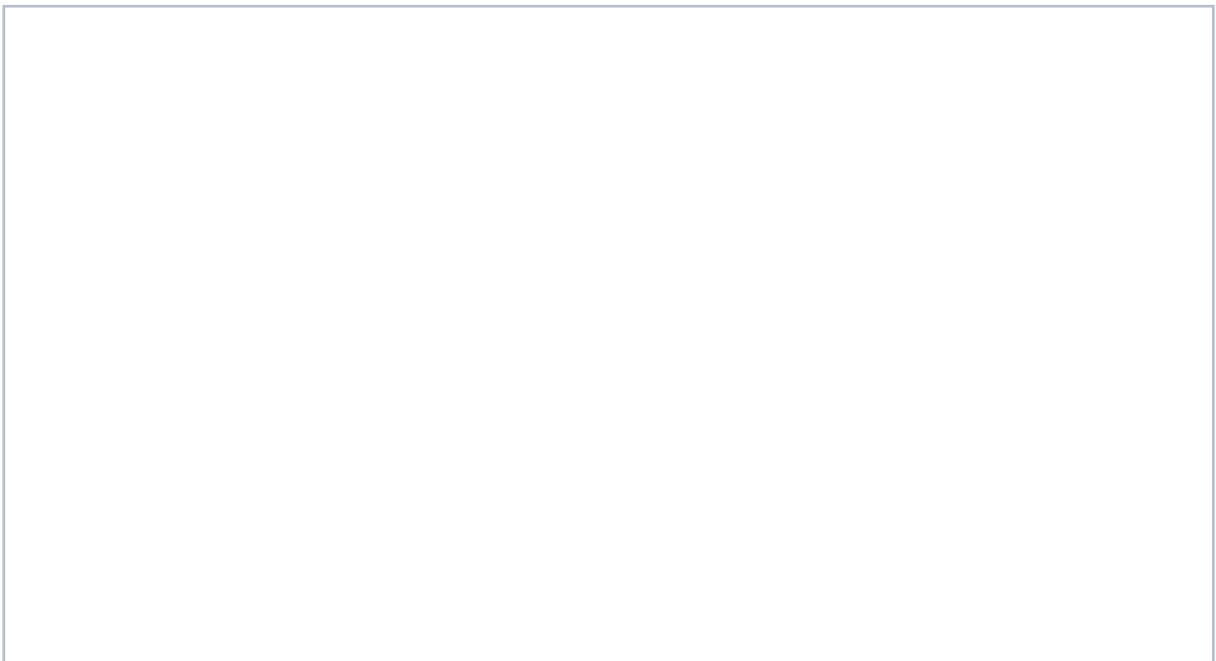
## 1. WHO DO YOU NEED TO FORGIVE?

Write down how this person's actions have hurt you and how he/she made you feel. This will help you relieve feelings of anger and resentment towards the other person.

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## 2. WHAT INTENTION DO YOU THINK THIS PERSON HAD?


Work on understanding the person's behavior. Try to understand his/her motives and intentions. Fear, insecurities and an inability to communicate are frequently the reason for hurtful behaviors. Perhaps this person was just doing the best he/she knew at the moment.

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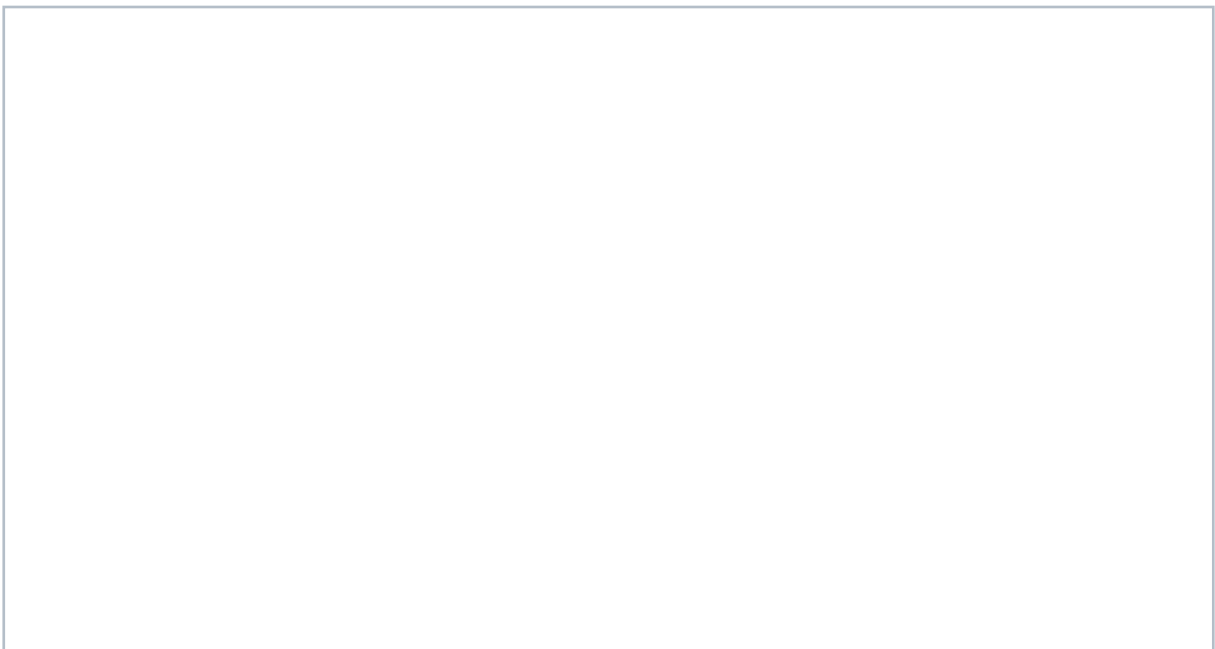
### 3. WHAT DID YOU LEARN FROM YOUR EXPERIENCE WITH THIS PERSON?

Work on finding the good parts of your negative experience with this person. Maybe you learned a valuable lesson that you will not want to repeat with your children. Identifying what you learned from this experience will help you move from resentment to gratitude.

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### 4. WHAT ARE THE BENEFITS OF LETTING GO OF RESENTMENT?

Think about how your feelings of resentment towards this person might be shaping your life now, and how letting go could change things. Perhaps you feel that by forgiving this person you will better manage your anxiety, strengthen your relationship with this same person or stop feeling like a victim and take control of your life.

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# **Choose to Connect**

Besides all the reflection you have done so far, it's important to keep a connection with the positive side of your inner child. These two challenges will help you keep the connection. When we ignore our inner child, we are abandoning an important part of ourselves. Choose to connect.

# I REMEMBER ONCE WHEN

Regardless of the wounds of our inner child, we all have happy childhood memories. Remembering them improves our mood and helps us feel more connected with our inner child. Fill in the grid below with happy childhood memories. You can use it as your happy memories board.


# REDISCOVER YOUR SENSE OF FUN

Write down your favorite ways of playing as a child and play some of them again. Approach these games and activities with the expectation that they were fun once and can be again. See how you feel and consider bringing more play time into your life. It's a simple way to keep the connection with your inner child.


HOW DID YOU FEEL PLAYING YOUR FAVORITE GAMES AGAIN?

# **Set Your Intentions**

Life is not meant to be great all the time. Pain is part of the process and what defines us is what we do with that pain. It's how we let the pain transform us and how we decide to live our lives after experiencing it. Set your intentions and change the course of your life.

# A NEW ENDING

Stop letting negative memories from the past continue to influence your life in a negative way and write a new ending for yourself. What happened in the past is in the past and you've done what you can to heal what you can heal. How do you want to live your life moving forward from here? How do you intend to see your wounds from now on? What good will you take with you and what bad will you leave behind?

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