



HEALING YOUR

INNER CHILD PROCESS

Healing Your Inner Child

This process will work for anything you want to change. Whether it be an emotion, an event, a memory, a recurring thought, anything that is bothering you. Use it regularly to release emotion, stop cravings, feel better about yourself and your body and for general calmness and presence.

The following PDF is a version of the process you can work through actively and complete the questions with some journaling space. You do not have to journal the process every time you can simply follow the steps once you become familiar with it.

1. First step, identify the emotion/ thought/ problem you want to work on.

2. Rate the feeling you get with this out of 10. (10 being the highest, 0 the lowest)

3. Close your eyes and have the part of you (your inner child) in charge of the feeling/ problem come and stand out in front of you.

What age is she?

4. How does she feel?

5. Let her express everything she needs to say. What's on her mind? What's she dealing with? What is she struggling with? Let her be fully heard and seen by you.

Let her express everything she has suppressed for so long. Let her keep going until it's all out. Write it all below.

6. Then ask her 'what does she need?' What does she say? There may be 1 thing or there might be 20.

7. Give her MORE of the things she needs than you can ever imagine having, MORE than she would ever need in her whole entire life. Do this in whatever way works best for you and her. You can visualise giving her these things or someone else giving her these, it doesn't matter just let her receive it fully.

8. Once you've done this check in with how she is feeling now?

9. Is there anything else she needs? If so go ahead and give her more of the things she needs.

10. Acknowledge all the changes taking place in her, maybe she stands different, looks different, smiles more. Notice all the changes. What's different in her now?

Keep repeating steps 8, 9,10 until she is totally whole and complete and has EVERYTHING she needs. You will know when you get to this point because there will be nothing else coming to mind that she needs.

11. Then once she is whole and complete, give her the biggest hug. Tell her she is SO loved, more than she could ever imagine. Tell her you're proud of her. And anything else you feel you want to say or do with her, do that now. If there is anything else you want to say to her write it below.

12. Now it's time for integration. You have two options of what to do next. Choose whatever feels best for you.

#1. Let her run off and play, be a child, do whatever she feels she wants to in that moment. Trust whatever comes to mind

OR

#2. Grow her from the ages she is now to the age you are today. Watch her grow year by year, age by age out in front of you. As she grows to each age acknowledge what's changed at each age now that she has more of everything than she will ever need.

Once she is grown up to the very age you are today, visualise taking her back within you. Imagine she could merge back into the wholeness of you allow it to create a

wholeness inside as you recognise that now YOU have more of everything than you will ever need.

13. Once this is complete go back to your scale of 0-10. What number are you at now in terms of that old emotion?

14. Decide if you're happy with this number. Has the feeling passed and eased? If so amazing. Write your thoughts here.

If you want the number to drop more you can go back and repeat the process. This time with the inner child in charge of the '**remaining emotion**', or you can try another process with the '**remaining emotion.**'

Remember there is no failure, only FEEDBACK. Use the result you get as a guide.

Amazing work completing this process.

The more you do it, the easier it will get to remember the steps.

Write your thoughts about this process and how you found it below.