

# *Heal Your* INNER CHILD



## MODULE #3

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# *Your Inner Child*

## DEEPER HEALING

Hey lovely, this workbook will guide you through taking EFT to a whole new level. I have combined Tapping with my inner child healing process to help you heal on an even deeper level around food.

### *How Does It Work?*

We will be using Tapping to conquer cravings by finding the driver behind WHY you want to eat in that moment. When you get a craving there will be an emotional urge racing through your body, when you can identify what emotion that is and where it's coming from, you can conquer it for good.

In that same moment there will be a version of you, a younger version, your inner child that is needing something. Essentially, when you are running habits that are not serving you, there is a part of you stuck at a certain age, a part of your mind that hasn't got everything it needs and so is running an old pattern. This part of you needs healing, this will be happening for you around food.

So this process will help you identify what's going on internally in your unconscious mind when you get a craving and how to heal that younger version of you so you can stop cravings.

Please watch the video too.

### *The Process*

#1: IDENTIFY THE FEELING. When you get a craving, stop before you act and ask yourself, what am I feeling right now. Connect to that. If you're not having a craving right now, close your eyes and recall a time when you were..



Write the emotion below. What is it you're feeling?

#2: THE YOUNGER YOU. Close your eyes and have the part of you (your inner child) in charge of the feeling come and stand out in front of you. What age is she?

#3: HOW DOES SHE FEEL?

#4. SIT WITH HER. Take time to be with the younger you. Listen to her, let her be heard. Let her express everything she is feeling to you, let her get it all out. What does she need to say? What has she been dealing with? What has she suppressed that she needs to release. Let her get everything out so she feels a release. Let her be fully heard and seen by you. If you want to you can write it below.

#5: WHAT DOES SHE NEED? Then ask her 'what does she need?' What does she say? There may be 1 thing or there might be 20. You can list them below.



#6: GIVE THEM TO HER. 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. Notice what changes in her now.

#7: HOW DOES SHE FEEL NOW? Check in with her again. How does she feel? Is there anything else she needs? If so give it to her now so she can be totally whole and healed.

#8: LOVE AND HUGS. 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.

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

OPTION #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

OPTION #2. Grow her from the age 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.

#10: WHOLE AND HEALED. Yay, you've healed that younger you, your inner child that was driving the need for food in this moment. When you combine this with Tapping, WOW it's powerful. Goodbye cravings.

