

Healing Your Inner Child

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Healing Your Inner Child



Understanding, nurturing,
and reconnecting with
your younger self



What is the Inner Child?

The inner child represents your early experiences, emotions, and memories.

It influences how you think, feel, and behave as an adult.



Why Healing Matters

- Unresolved childhood wounds can impact relationships, self-worth, and emotional health.
- Healing leads to growth, peace, and resilience.



Step 1: Acknowledge Your Inner Child

- Recognize your past experiences.
- Accept your emotions without judgment.
- Validate your younger self's feelings.



Step 2: Identify Childhood Wounds

Understanding and healing the past.



Reflect on painful memories.



Notice emotional triggers.



Understand patterns in behavior.

Step 3: Practice Self-Compassion



Be kind to yourself.



Replace self-criticism with understanding.

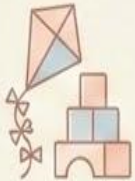


Speak to yourself with empathy.

Step 4: Reconnect Through Activities



Engage in activities you loved as a child.



Play, create, and explore.



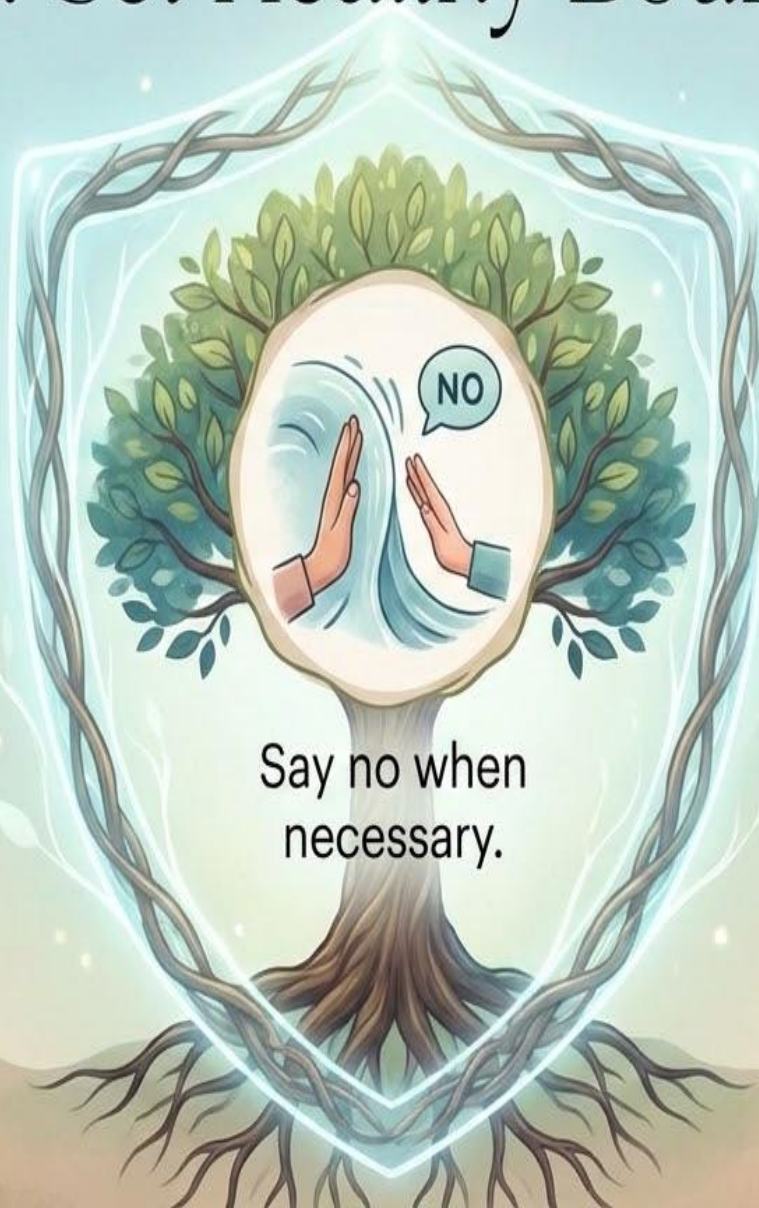
Allow joy and curiosity.



Step 5: Set Healthy Boundaries



Protect your
emotional
well-being.



Say no when
necessary.



Build safe and
supportive
relationships.

Step 6: Reparent Yourself

- ♥ Provide yourself with care, safety, and love.
- ♥ Create routines that support your well-being.
- ♥ Meet your unmet needs.



Step 7: Express Your Emotions



Journal your thoughts.



Talk to someone
you trust.



Use creative outlets
like art or music.



Step 8: Seek Professional Support



Therapy can help process deep wounds.



Guidance provides tools for healing.



You don't have to do it alone.

Final Thoughts



Healing is a journey, not a destination.



Be patient with yourself.



Growth takes time and courage.



The Power of Kindness

Build Confidence and
Protect Your Mind



Conversation Questions That Inspire Kindness

Round 1: Self-Kindness

- ❖ 1. When are you hardest on yourself?
- ❖ 2. What is something you wish you were better at being kind to yourself about?
- ❖ 3. If your best friend heard your self-talk, what would she say?
- ❖ 4. What's one insecurity you're learning to accept?

Purpose: Builds vulnerability and self-awareness.

SELF-AWARENESS

AFTER MAKING A MISTAKE

LYING TO YOURSELF



- It does not matter.
- I did not care anyway.

SELF-ATTACK



- I am so stupid.
- I ALWAYS ruin everything.

TRUTH



- I made a mistake.
- That did not go the way I wanted.
- I did not prepare enough this time.

WHEN YOU FEEL LEFT OUT

LYING TO YOURSELF



- I don't like them anyway.
- I would rather be alone.

TRUTH



- That hurt.
- I wish I had been included.

LET'S THINK FOR A MINUTE...

The grudge:

Think about a time someone hurt you. Maybe they left you out. Maybe they talked about you. Replay it in your mind. What did they say? What did it feel like?



Silently notice:

- What is your body feeling?
- Are your shoulders tight?
- Is your jaw clenched?
- What about your heart?

The Kindness:

Think about a time someone was genuinely kind to you. Maybe they complimented you. Stood up for you. Or they invited you to eat with them.



- Did your shoulders relax?



- What about your jaw, did it relax also?



- What about your heart?

Which feeling was harder to feel?
Which one gave you more energy?



POSITIVE SELF-TALK = SELF-KINDNESS



INSTEAD OF SAYING...

💣 “I’m so dumb”

💣 “I always mess up”



SAY THIS INSTEAD...

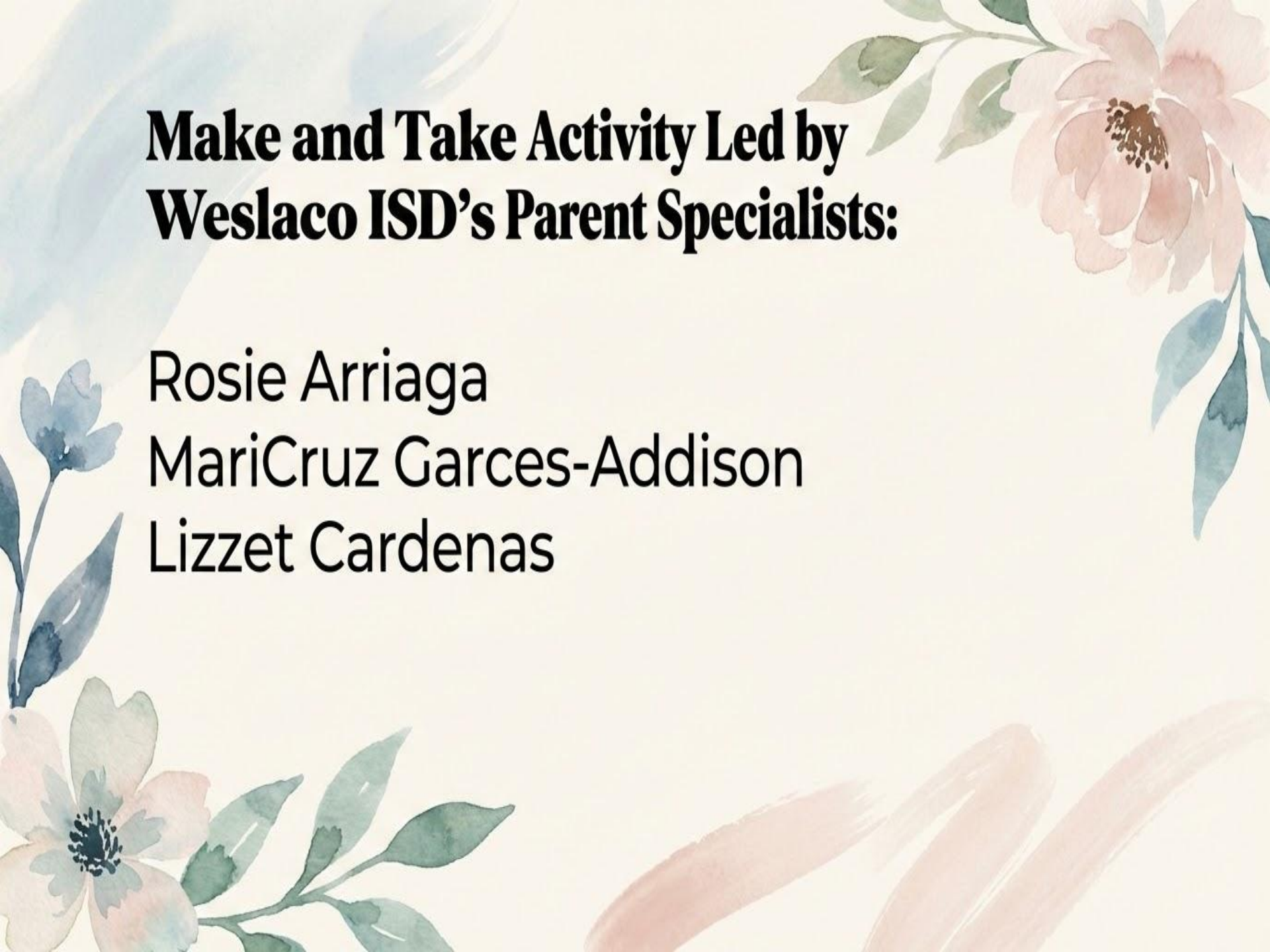
🌸 “I’m still learning.”

🌸 “I am allowed to make mistakes.”



Your brain believes what you repeatedly say. If you repeat kindness to yourself, your brain will believe it.



The background features delicate watercolor illustrations of flowers and foliage. In the top right corner, there is a large, light pink flower with a dark brown center and green leaves. In the bottom left corner, there is a smaller pink flower with a dark center and green leaves. In the bottom right corner, there are several long, curved, light pink brushstrokes. The overall aesthetic is soft and artistic.

Make and Take Activity Led by Weslaco ISD's Parent Specialists:

Rosie Arriaga

MariCruz Garces-Addison

Lizzet Cardenas

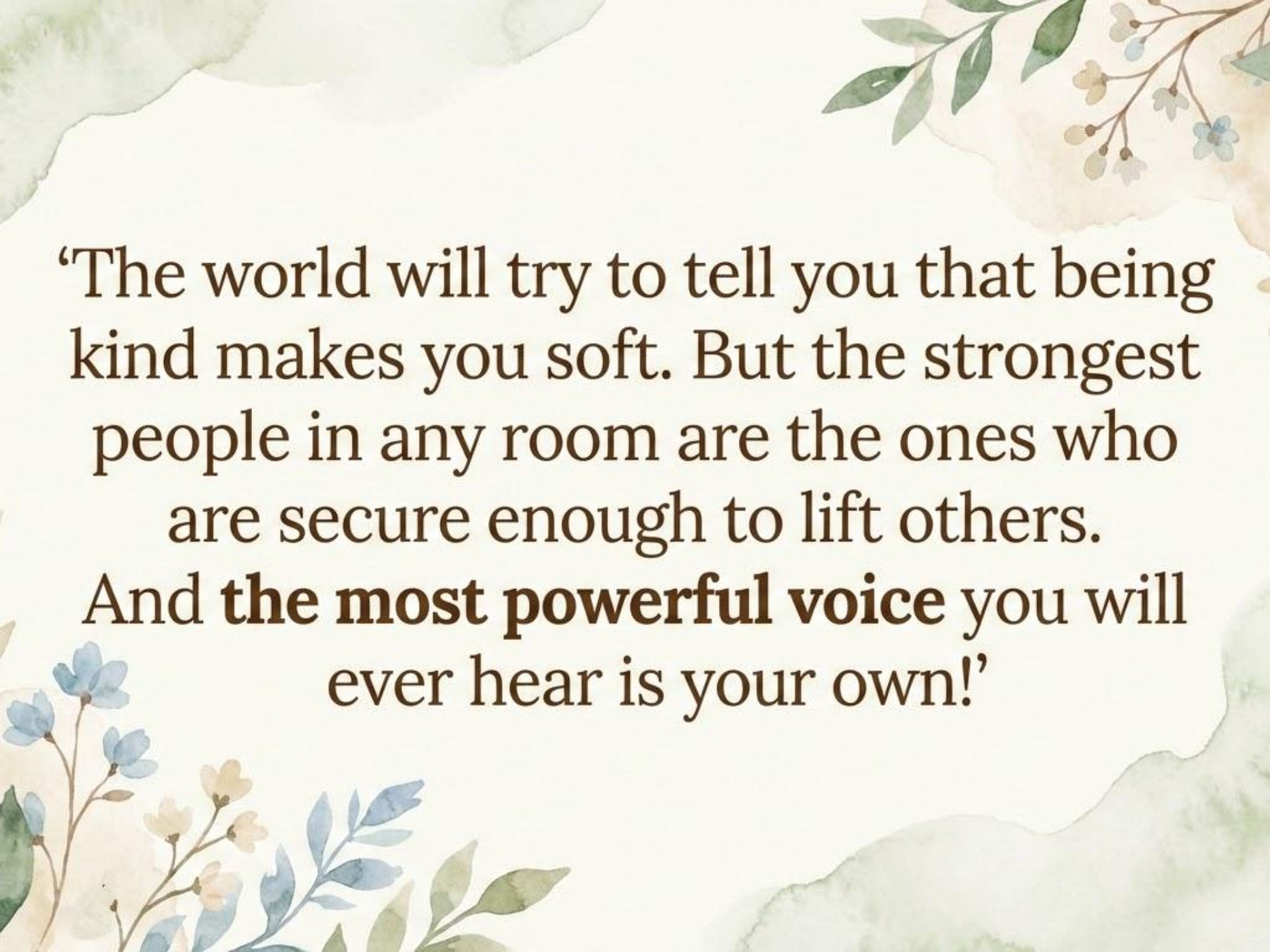
POSITIVE ADJECTIVES

- Able
- Adaptive
- Adventurous
- Affable
- Agreeable
- Ambitious
- Amiable
- Amusing
- Balanced
- Brave
- Bright
- Calm
- Capable
- Charming
- Clever
- Compassionate
- Considerate
- Courageous
- Creative
- Decisive

- Determined
- Discreet
- Dynamic
- Easy-going
- Enthusiastic
- Exuberant
- Faithful
- Fearless
- Friendly
- Funny
- Generous
- Gentle
- Good
- Hard-working
- Honest
- Humorous
- Independent
- Intelligent
- Intuitive
- Kind

- Loving
- Loyal
- Modest
- Nice
- Optimistic
- Patient
- Pioneering
- Polite
- Powerful
- Reliable
- Resourceful
- Self-confident
- Sensible
- Sincere
- Thoughtful
- Tough
- Versatile
- Willing



The image features a light cream background with soft watercolor washes in shades of sage green and pale yellow. In the top right corner, there is a delicate branch with green leaves and small blue and yellow flowers. In the bottom left corner, another branch with blue and yellow flowers and green leaves is visible. The text is centered and reads:

‘The world will try to tell you that being kind makes you soft. But the strongest people in any room are the ones who are secure enough to lift others. And **the most powerful voice** you will ever hear is your own!’