

Meeting Your Inner Child



Going deeper with inner child healing

S.E.L.F. L.O.V.E. Transformational Project

About This Session

Building on Session 2, this session goes deeper into the inner child through letter writing, non-dominant hand dialogue, and guided regression. You will begin to meet the parts of you that most need your adult love and protection.

Meeting Your Inner Child

The wounds of childhood are not your fault. The healing, however, is your responsibility, and your greatest gift to yourself.

Letter to My Younger Self

Write a letter to yourself at the age when you felt most alone, misunderstood, or unseen. Tell them what they needed to hear.

Non-Dominant Hand Writing

Using your non-dominant hand, let your inner child respond to your letter above. Write slowly, without judgment.

Three Aspects of My Childhood Perception

Reflect on how you made sense of the world as a child.

What I thought (my beliefs about myself and others):

What I felt (the dominant emotions of my childhood):

What I did (the strategies I developed to cope):

What My Inner Child Needs From Me Now

Based on everything above, what does your inner child most need from your adult self going forward?

Reflection Questions

1. What surprised you most during the inner child visualisation?

2. What emotion came up most strongly, and what might it be trying to tell you?

3. How has your inner child been trying to protect you all these years?

4. What is one commitment you can make to your inner child this week?

My Notes
