



FREE WORKBOOK

Healing the inner child



Inner Child Trauma

Let us begin

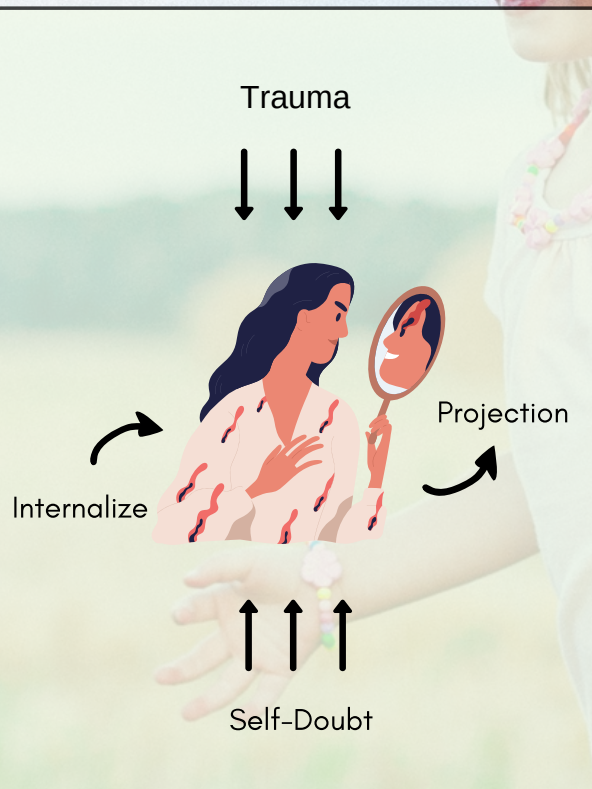
The inner child is the part of ourselves that keeps us young at heart, playful and joyful. The inner child possesses a deep sense of adventure and curiosity. When we experience inner child trauma, it can have a long-lasting impact on our mind, body, and spirit. This kind of trauma can also affect your relationships with others.

Character

The inner child trauma can manifest into our ego and wreak havoc on our subconscious.

Keep in mind

Healing is an ongoing process. We will experience triggers, but it's up to you on how you respond.



Re-write your story

Over time we can create false narratives from self-limiting beliefs and conditioning.

The goal is to identify our triggers, research, and plan. Through introspection, we can reflect on our next steps.

Healing takes dedication, accountability, and the responsibility to show up for yourself.



Identify Triggers



Research and invest



Reflection

I Align with my mind, body and spirit

WHAT DOES THE ALIGNED VERSION OF MYSELF LOOK, FEEL AND SOUND LIKE?

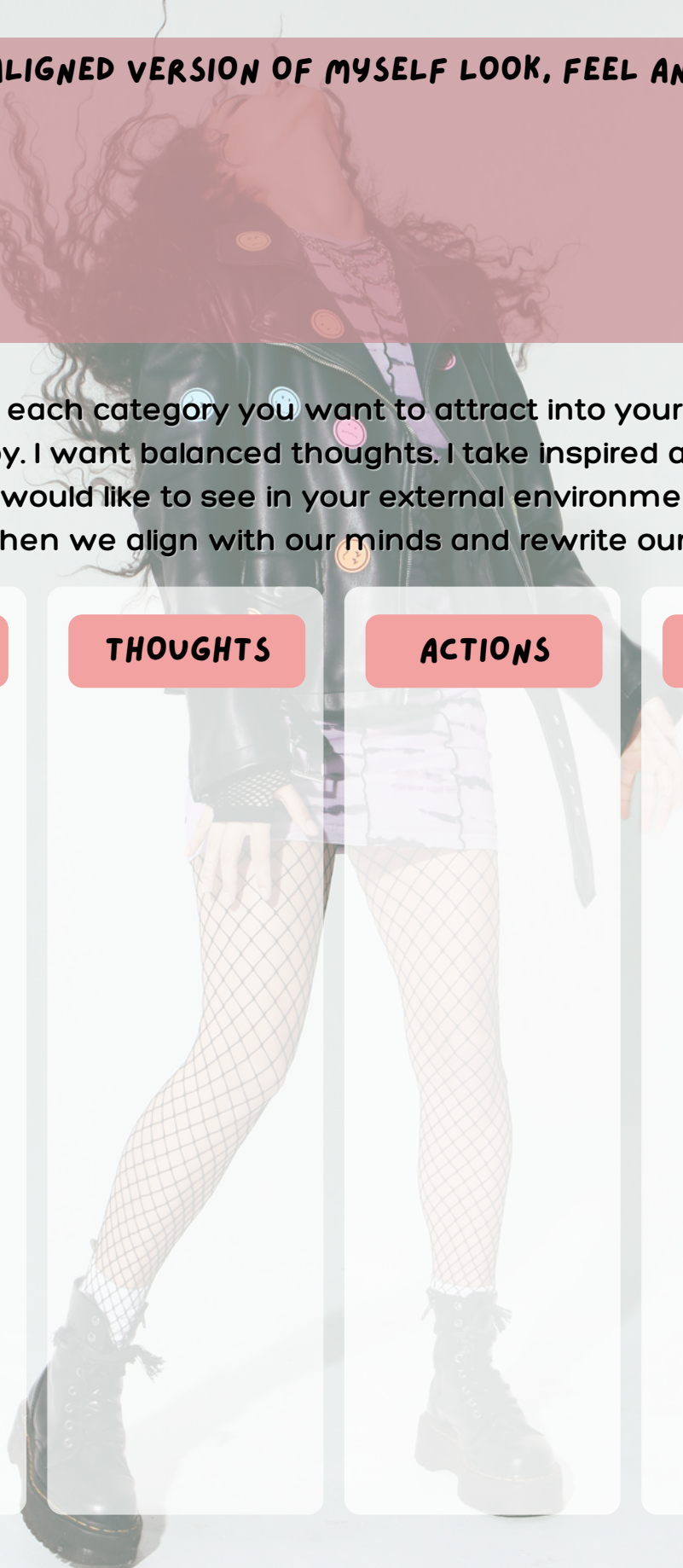
List all the things in each category you want to attract into your life. For example, I want to be happy. I want balanced thoughts. I take inspired action and write down what you would like to see in your external environment. Anything is possible when we align with our minds and rewrite our stories.

EMOTIONS

THOUGHTS

ACTIONS

**EXTERNAL
INFLUENCES**



Inner Child Trauma

Spend some time getting to know the root causes of your inner child trauma by focusing on what you know you can change. Rather than getting emotional or triggered, using this page will help you acknowledge so you can release these things in your release letter.

MY TRAUMA/S

**UNHEALTHY
EMOTIONS**

**WHAT ARE MY
LIMITING BELIEFS**

**HOW DO I RESPOND
TO TRAUMA?**

Goal Bucket

Write down six goals for
healing your inner child



CREATIVE

Bonus Healing tips

**AFFIRMATIONS AND MANTRAS
JOURNALING
VISION BOARD**

**MEDITATION
BREATH WORK
YOGA**

**START A NEW FUN HOBBY
JOIN A SUPPORT GROUP
PLAN A GIRLS TRIP**

Consider looking into alternatives like



Crystal healing



Yoga/meditation



Essential oils

Be proud of yourself!
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