

A HOW-TO GUIDE

Is Your Inner Child Deeply
Wounded?



Inner Compass



♥ Connecting with Your Inner Child

🧘♀️ Begin with Grounding

- Before you begin, find a quiet, safe space where you won't be disturbed.
- Sit comfortably, close your eyes, and take a few deep breaths.
- Inhale slowly through your nose... and exhale through your mouth.
- Let your shoulders drop. Feel your body supported by the ground beneath you.
- Place your hands gently over your heart or belly—wherever feels comforting.
- Breathe. You're here. You're safe.



✦ Part 1: The Photo Connection

- Take out a photo of yourself as a child—between the ages of 4 and 8, if possible. Look into your eyes in the photo.
- Let your gaze soften.
- Pause and take your time.

✦ Now ask yourself gently:

- What do I feel when I look at this child?
- What emotions come up?
- Is there sadness, tenderness, guilt, love, grief, anger?
- What does this child need to hear right now?



💡 Let the emotions rise.
Let them move through you.

🧠 There's no right or wrong here—just what is.

👉 You can whisper kind words.

👉 You can cry if you need.


💖 You're holding your inner child in your awareness
—and that alone is healing.



Part 2: Write It Down

 Now, take a notebook and jot down:

- The emotions that came up while looking at the photo.
- Any physical sensations in your body (tightness, warmth, numbness, tears, etc.).
- Anything you felt you wanted to say or do for that child.

 This helps your adult mind stay connected with what your heart is feeling.


 Writing anchors the experience and makes it more real and healing.




Part 3: Identify the Missing Pieces

 Now ask yourself:

- What did this child need the most, but didn't receive?
- Was it safety? Validation? Affection? Freedom to be yourself?
- What was missing that could have changed your story?


 Be honest. Be gentle.

 This is not about blame—it's about understanding.



Healing Words to Close

 Now, place your hand over your heart again.

 Imagine speaking these words directly to your younger self—the one in the photo:

“I’m so sorry for all the pain and fear you felt.
It wasn’t your fault.

You didn’t receive what you needed because it
wasn’t available, not because you didn’t deserve it.

Now, I’ll take better care of you.

I’ll learn to give you the respect, attention, and
support you always deserved.

Thank you for surviving all of this.
I love you!”



Let these words settle in. Let them become a new beginning.

This is how healing starts—by seeing, feeling, and reconnecting.


You're not going backward.

You're going deeper.

And the child inside you has waited a long time for this.



If you enjoyed this practice, we invite you to join **Inner Compass**—our exclusive newsletter dedicated to the art of mindful healing and personal growth.

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