



Understanding and Healing Inner Child Wounds

A GENTLE GUIDE TO RECONNECTING WITH YOUR YOUNGER SELF

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Contents

3 INTRODUCTION

4 WHAT IS INNER CHILD?

5 HOW INNER CHILD WOUNDS SHOW UP

6 FIRST STEPS TOWARDS HEALING

7 DEEPER HEALING PRACTICES

9 A LOVING REMINDER

10 EXTRAS: JOURNAL PROMPTS FOR INNER CHILD
HEALING

Hello, beautiful soul.

If you are reading this, a part of you is ready; ready to listen, to heal, and to offer yourself a kind of love that perhaps was missing for a very long time.

Healing inner child journey is deeply personal to me.

I grew up in Croatia during the 1990s - a time marked by war, uncertainty, and many moves from one place to another. My parents separated when I was still a baby, and somewhere along the way, parts of my inner child, the little girl inside me, learned to survive by being strong, adaptable, and independent.

But years later, as an adult and a psychotherapist in training, I discovered something:

My inner child didn't just survive. She was waiting for me to come back for her.

This guide is not from theory alone. It's a path I have walked with trembling hands, tearful laughter, and quiet moments of deep reunion.

And now, I gently offer it to you.

There is no rush.

There is no wrong way.

There is only the steady, patient unfolding of your heart back toward itself.

Part 2

WHAT IS THE INNER CHILD?

Your inner child is the emotional memory of your younger self.

Inside each of us lives every version we have ever been; the curious child, the fearful child, the joyful child, the wounded child. Your inner child holds the emotional memories of your earliest experiences: how you were loved, how you were hurt, how you learned to belong (or not).

When early needs for love, safety, and acceptance are not fully met, small fractures can form. And often, we carry those wounds silently into adulthood, hidden behind responsibilities, achievements, and busy lives.

Signs that your inner child may be asking for attention:

- Deep fears of abandonment or rejection
- Feeling “too much” or “not enough”
- Intense emotional reactions that feel bigger than the moment
- Struggling to set healthy boundaries
- Difficulty trusting others (or yourself)
- People-pleasing or perfectionism patterns

Healing your inner child means giving yourself today what you needed back then: love, understanding, and care.



Part 3

HOW INNER CHILD WOUNDS SHOW UP

For a long time, I thought I had “moved on.” I believed healing meant forgetting - building a new life so strong that nothing could shake it. But the child inside me still whispered: in dreams, in relationships, in moments of overwhelming fear or sadness.

Inner child wounds show up in many ways, here are some examples:

In Relationships:

- Seeking approval to feel worthy
- Fear of abandonment even in safe relationships
- Difficulty expressing needs without guilt

In Your View of Yourself:

- Harsh self-judgment
- Chronic feelings of inadequacy
- Believing love must be earned

In Emotions:

- Waves of sadness with no clear “reason”
- Explosive anger or withdrawal
- Feeling emotionally “stuck” or frozen

These patterns are not signs of weakness. They are survival strategies. Brilliant, courageous adaptations created by a younger you who did their very best.

Now, it is time to offer that younger self something different: presence, protection, and unconditional love.

**FIRST STEPS TOWARD
HEALING**

Healing your inner child begins with simple acts of remembrance.

 Inner Child Journaling

Write a letter to your younger self. Tell them what you wished someone had said. Listen for their response.

 Reparenting Affirmations

Speak the words you needed most:

"You are enough"

"You are safe now"

"I will never abandon you"

 Connecting Through Play

Find the activities that once made you light up. They are bridges back to your inner child.

I remembered that as a little girl, I loved drawing and colouring. So I picked up coloured pencils again, not to be "good" at it, but simply to be with her.

 Creating a Visual Anchor

Find an old photograph of yourself as a child, keep it in your journal or frame it, and place it somewhere where you can see it everyday. I keep mine on the bedside table. When sadness or fear rises, I look into her eyes and ask:

"What do you need right now, my love?"

The answers are always softer, wiser, and more honest than I expect.

**DEEPER HEALING
PRACTICES**

Healing your inner child is not a one-time moment. It is a relationship and it blossoms through consistent, gentle care.

Here are some deeper ways to nurture this sacred bond.

 Imaginary Safe Place

Create a “safe place” in your mind. A sun-dappled forest clearing where your inner child could meet you. A beach, a cosy room, a meadow. Whatever feels right for you.

Invite your inner child to meet you there. Notice their age, their appearance. Ask them how they feel, what do they need? Sit beside them. Hold their hand. Tell them: *“I am here. I will always protect you now.”*

 Two-Handed Letter Writing

Write a letter to your inner child with your dominant hand. Then, let them reply using your non-dominant hand. The responses may surprise you - raw, simple truths rising from places you rarely access in daily life.

 Offer Consistent Protection

Set healthy boundaries in your daily life not just for you, but for your inner child. Each boundary you honour whispers to your inner child:

“You are safe now. I will not abandon you.”

DEEPER HEALING PRACTICES

Practice Loving Self-Talk

Begin noticing the way you speak to yourself, especially in moments of struggle. When you hear harshness, pause and ask:

“What would I say to a small child who needed comfort?”

Then, offer yourself those same words.

Explore Play and Joy

Your inner child longs not only for healing, but also for joy. Invite small moments of playfulness into your life - painting, dancing, daydreaming, being silly without judgment.

Joy is medicine.

Reconnect with Your Senses

When you feel overwhelmed, ground yourself in sensory experiences:

- Soft textures
- Gentle music
- Warm tea
- Nature sounds

These sensory moments create an atmosphere of safety and presence.

Seek Support When Needed

Healing can be tender and sometimes stirring.

You don't have to walk this path alone. A compassionate therapist, a supportive community, or a trusted friend can walk beside you with love and understanding.

Every small act of love you offer your inner child is a step toward freedom. Trust your own rhythms. Healing is not a race, it is a homecoming.



Part 6

A LOVING REMINDER

Healing your inner child is not about erasing your past.

It is about weaving love back through every broken thread, until you realise that even the torn places were never beyond mending.

You do not have to “fix” yourself to be lovable.
You already are.

Each small act of kindness you offer yourself waters the seeds of healing.
One day, you will look back and realise:
you have become the mother, the father, the protector, the friend your
younger self always deserved. 🌻

I am so proud of you already.

*"The child within you still believes
in magic.*

*Keep listening. Keep loving.
You are your own greatest healer."*

Part 7

EXTRAS: JOURNAL PROMPTS FOR INNER CHILD HEALING

Journaling is a bridge between your present self and your younger self.

Through these questions, you are invited to listen, comfort, and celebrate the child within you with kindness and curiosity.

There are no wrong answers. Take your time. Let your heart lead the way.

1. What did I most need to hear as a child that I rarely (or never) heard?
How can I offer those words to myself now?

2. When did I feel most safe, free, and joyful as a child?
How can I invite a piece of that feeling into my life today?

3. What are three loving commitments I can make to my inner child?
(Examples: “I will listen to you.” / “I will protect your boundaries.” / “I will celebrate your creativity.”)

4. If I could create a “safe place” for my inner child, what would it look, feel, sound, and smell like?
(Describe it vividly, make it a sanctuary you can always return to.)

5. When I notice old wounds or patterns emerging, how can I gently remind myself that I am safe and cared for now?

Each word you write is an offering of love, each reflection a doorway back to yourself.

Trust yourself. You are doing sacred, beautiful work. 🌸

**WHEN WE HONOR
OUR INNER CHILD'S
FEELINGS, WE
RELEASE THE
EMOTIONAL HURTS
THAT WE'RE STILL
SUBCONSCIOUSLY
CARRYING AROUND.**

- PATRICIA HOPE

