

Why it may feel difficult to care for your Inner Child:

- Developmental trauma
- Emotional neglect
- Generational trauma
- Your parents were raised to ignore their own true self



Feelings that may arise for you during your inner child journey:

- Grief
- Loneliness
- Sadness
- Remorse
- Anger
- Shock
- Excitement
- Joy
- Peace

**"I don't hear my inner child."
Where do I begin?**

It is not uncommon to be unable to feel, hear, or be in touch with your inner child when you begin the process of consciously checking inside. Don't be alarmed if this is you. **Your inner child is within you, so simply begin with yourself.**

Begin by fully bringing back into your mind, heart, and body the things that bring you the most joy. Use all of your senses in this remembering exercise. Start with the smallest of things (ie. watching a dog play at the park, the smell of banana nut muffins cooking in your oven, snuggling up with your friend on the couch to watch Netflix.) List your most favorite things below:

- _____
- _____
- _____
- _____
- _____

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-
-
-
-

Check the box if Little You loves this too



As you fully embody your most favorite things, activities, people, gently invite the child within to show you the areas of your life *they most love*. It may be something listed above or you may need to continue your list on the back of this page. Listen with kind ears as little you guides you.