

A journey of connecting with your inner child

Understanding the Inner Child



Inner child work addresses the wounds we carry from childhood, including old emotions and beliefs. These unhealed wounds can influence adult issues like health, money, or relationships

Approach to Inner Child Work



The key is to be gentle, slow, and respectful. Engage by listening, acknowledging, and affirming. Communicate at the child's level without dismissing their feelings.

The Healing Process



Identify distressing issues to connect with the inner child. Allow the child to express emotions freely. Establish trust, possibly apologize, and move them to a safe space for healing.

Real-life Application



A client with severe food allergies had unexpressed grief and rage from childhood. By addressing these emotions, one can uncover the root cause of such adult-life challenges.

Professional Guidance



Many inner children just want to be heard. For deep traumatic memories, or if you're new to this work, seek professional support.