

# HEAL YOUR INNER CHILD

JOURNAL OR WRITE A LETTER TO YOUR YOUNGER SELF

PRINT OR DRAW FOR FUN

SET & HONOUR YOUR BOUNDARIES

WRITE A LIST OF YOUR NEEDS & HOW YOU CAN MEET THEM

LOOK AFTER YOURSELF; YOU CAN RE-PARENT YOURSELF

ACKNOWLEDGE YOUR FEELINGS & KEEP YOUR INNER CRITIC IN CHECK



GO INWARD & DO A BODY SCAN

PLAY, DANCE FREELY, MOVE WITH JOY

VISUALIZE YOURSELF AS A CHILD - ASK WHAT THIS "LITTLE YOU" IS FEELING & NEEDING

USE MANTRAS LIKE "I AM SAFE" "I WILL LOOK AFTER YOU" "I DESERVE LOVE"

LOOK AT PHOTOS OF YOURSELF AS A CHILD AND SPEAK WORDS OF LOVE & KINDNESS TO THIS "LITTLE YOU"



# Heal Your Inner Child

**Rachel S Tattersall**



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