



# INNER CHILD HEALING

## REFLECTIONS FOR AWARENESS & EMPOWERMENT

Move through these questions slowly, sitting with one at a time in a space where you feel safe to breathe and be present. Allow what arises, including anger, sadness, and emptiness, as you create space for your inner child to speak without needing to fix or change anything.

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### **Understanding the Wound**

- What did I need most from my mother that I did not consistently receive?
- In what ways did I feel unseen, misunderstood, or emotionally alone as a child?
- What is difficult for me to admit about the relationship with my mother?

### **Grief & Truth**

- If I could tell my mother one thing (even if she has passed) without fear of repercussions, what would I say?
- How can I allow my inner child to grieve what was never received?
- Is there sadness, anger, or disappointment that was never given a voice? If so, allow your inner child to express with a letter.

### **Mother Earth: Healing the Heart & Soul**

- How can I allow Gaia to mother me in ways that would feel nurturing to my inner child?
- What activities in nature allow my inner child to return to her innocence?
- How would trusting that I belong on planet earth shift my sense of worth, purpose, and empowerment?

### **Self-Mothering**

- What does the younger version of me need to hear today?
- What boundaries would help me feel safe and more at peace?
- What inherited patterns end with me?

### **Closing Affirmation**

- *I know how to heal my inner child. I release what was never mine to carry. I choose to give myself the love, safety, and tenderness I need. I am a beloved child of the universe.*