




Unfuckwithable

Inner Child Work

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Section 1 - Reclaiming your inner child


Section 2 - Reparenting your inner child

Section 3 - Resources



Reconnecting with your inner child is as simple as revisiting your childhood in memory and engaging with your younger self there. There are no right or wrong ways to do this, just let yourself be guided by the meditation that accompanies this PDF.

During the meditation, you will revisit various ages of your younger self, having the opportunity to say the things your inner child needed to hear, and to provide a loving, reliable presence.



Before using the meditation, it can be beneficial to journal on your childhood and any significant events you remember being 'big', scary, overwhelming or just particularly memorable.

When we have felt let down, abandoned scared or hurt as children, this can remain in our psyche colouring how we see the world today. We lose our true sense of self. This can manifest as a mistrust in the world and believing that we are still as helpless as we were.


You are now the adult in your life and have the opportunity to reintegrate a healthy sense of self and wholeness.



Ask yourself the following questions and journal your answers -

*Note - it's important to note that revisiting these memories may bring up feelings and negative emotions. It's ok to feel these, remind yourself that you are completely safe to experience and release them as they appear, and that all are completely valid. We heal naturally when we are allowed to grieve, and also bring joy to our inner child as we accompany them through these unprocessed emotions.

Do you remember any particularly sad, hard or frightening times as a child (or teenager/young adult)?



What, if anything, was happening at that time?

What message did you receive about you during that time?

For instance -

I am not safe

I am not good

Emotions are unsafe


I am unsupported

My needs are not met

Something about me is wrong/ unlovable

I can't trust myself

What did you need to hear/ receive to feel ok/ supported/ loved here?



What can you identify about that situation now that you couldn't at the time?

For instance

The adults at that time were also scared/
unsure/ childish


You were not responsible for anyone's
feelings

You were unfairly treated/ neglected

You can understand why you felt the way you
did

You did nothing wrong

It was not your job to make it better



Imagine going to that time as your adult self now.

What would you tell your younger self?

What does your younger self need to hear?


Use the accompanying meditation to revisit your inner child at various points in time. During the meditation, you will have the opportunity to communicate this support, reclaiming and reconnecting to your inner wholeness.



Reparenting your inner child

All children are sensitive - its how we make sense of our place in the world around us, absorbing information like sponges - good and bad.


Born hard wired to connect with other people, we unconsciously mimic the adults and those more 'senior' to us to increase our chances of being accepted, including how we communicate and relate to each other. We often dont realise that our inner dialogue is representative of both what our inner child believes, and (usually in response to those thoughts and beliefs) an approximation of our most important (absorbed) adult voice.



Our thoughts are not just random passing ideas and are instead a stream of our own personal inner consciousness and an insight-into how we relate to ourselves and therefore make ourselves feel.

As we reclaim our inner child, it is also required to weed out the mimicked and therefore unconscious parts of our dialogue. This usually shows up as the most critical, comparison making, judgemental voice we heard growing up, absorbed into our little beings as our inner voice or more often - inner critic.

This is a daily awareness practice, Spend some time noticing your own inner




dialogue. Take a step back, become the observer and notice that this is a 2 way communication.

What is the general tone?
Supportive? Snappy? Volatile?

Ask what you think of yourself right now and watch where your mind goes to get a good idea of your inner world. Notice when you are in different moods to see how that voice and attitude can change range.

The more critical this voice is, the more unconscious it is, and honestly? The more it needs recalibrated. This voice is how you relate to you, your inner child and therefore,




How you expect the world to relate to you.
This voice actually determines how you allow other people to treat you and what you believe you deserve in life, and it's your responsibility to recreate it.
To recalibrate this crucial self talk, ask yourself:

Is this voice nurturing? Understanding?
Respectful?

Is the 'tone' harsh?

What is the content of this voice? Is it demeaning? Punishing? Mocking?



Dont believe that just because you are used to this voice inside, that it speaks the truth, this voice is nothing more than an echo of what your inner child heard and accepted.

Keep observing how this voice appears in your mind and as you reclaim your inner child, and become informed as to what your inner child needs, also consciously parent day by day being sure to meet those needs just as you would a child, with the tone, acceptance and nurturing words your inner self needs and deserves.

Liz xx



Inner Child Meditation

- <https://drive.google.com/open?id=1Wy39XuTx1-0uYdHxTDiUCBarovlvDs1y>

