

DAY 10



EMBRACING YOUR INNER CHILD



PRACTICE GUIDE

**“MANY EMOTIONAL BLOCKS
AREN’T JUST WOUNDS —
THEY’RE ECHOES OF A YOUNGER
YOU WAITING TO BE SEEN,
HEARD, AND HELD.”**

Fiona Soutter

PART 1

INNER CHILD CONNECTION PRACTICE

Preparation

- Find a quiet, comfortable space where you won't be disturbed.
- Optional: Have a childhood photo or comfort item nearby.

Breathing

- Breathe in deeply through your nose for a count of 4.
- Hold briefly.
- Exhale through your mouth for a count of 6.
- Repeat for 1-2 minutes to settle.

Visualization: Safe Garden and Inner Child

- Imagine walking down a gentle path to a peaceful garden.
- See a younger version of yourself there. Observe:
 - What age do they appear?
 - What is their posture or facial expression?
 - How do they feel?

Connection & Dialogue

- Gently introduce yourself as their grown-up self.
- Ask: "What do you need from me right now?"
- Listen with compassion.
- Offer affirmations:
 - "It's okay to feel what you're feeling."
 - "I'm here now. You're not alone."

Make a Promise

- Choose a promise to carry forward:
 - "I'll check in with you tomorrow."
 - "I'll listen when you feel afraid."
 - "I'll honour your need for fun, rest, or comfort."

Close Gently

- Thank your inner child for meeting you.
- Slowly return to the present with deep, grounding breaths.

PART 2

JOURNAL REFLECTION

Take time to reflect on your experience:

What age did your inner child appear to be? Did this hold significance?

What feelings or needs did your inner child express?

What emotions came up for you during this dialogue?

PART 2

JOURNAL REFLECTION

Take time to reflect on your experience:

How did it feel to respond with compassion?

How can you continue nurturing this relationship?

PART 3

DAILY INTEGRATION REMINDERS

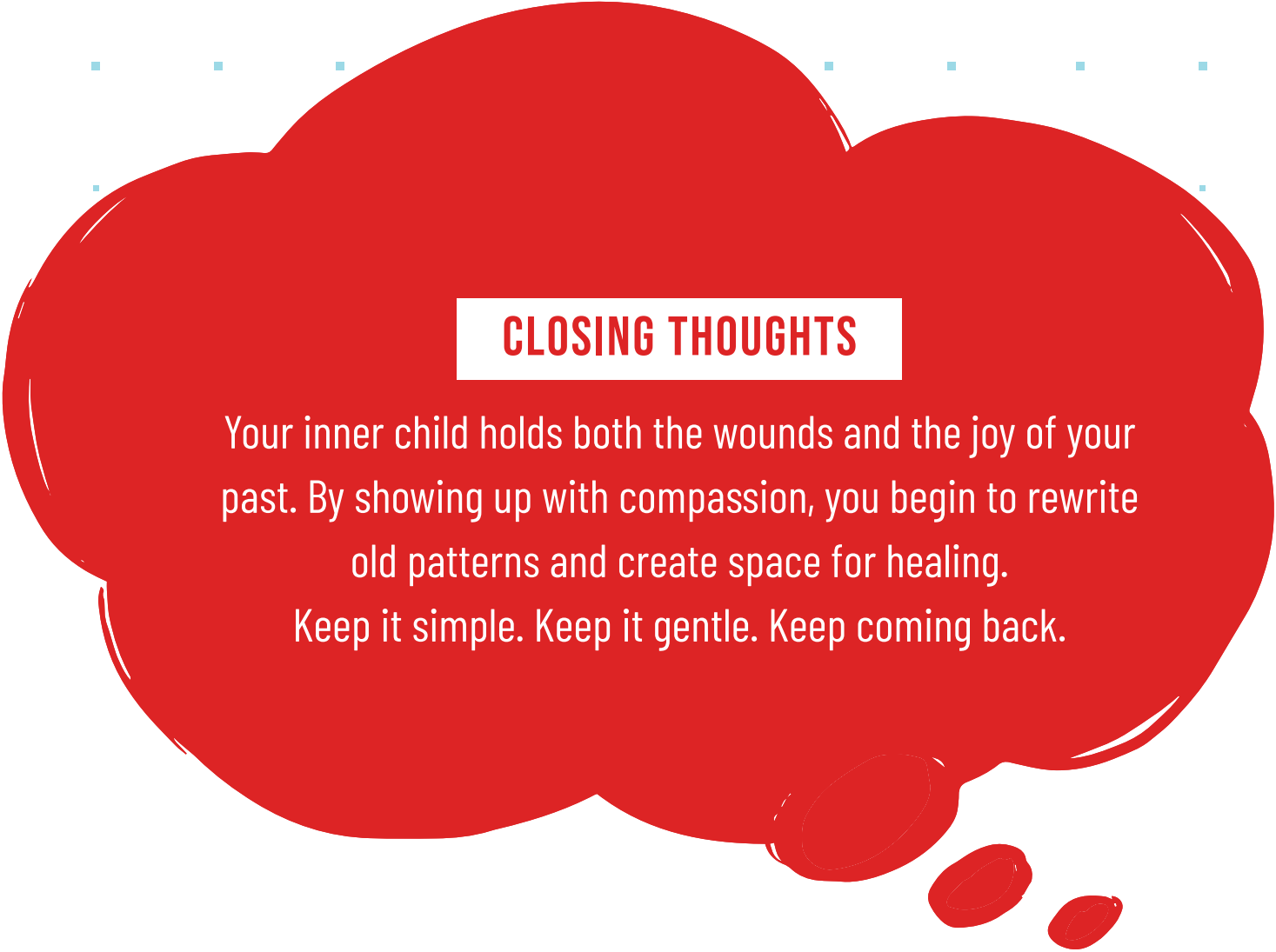
When emotions rise, pause and ask:
“Is this my adult self, or is this my inner child?”

Speak to yourself gently throughout the day:
“I hear you, little one.”

Invite small moments of joy, play, and wonder
— these heal more than you think.

Honour your inner child’s needs in decision-making.

Use transitions (waking, breaks, bedtime)
to do quick check-ins.



CLOSING THOUGHTS

Your inner child holds both the wounds and the joy of your past. By showing up with compassion, you begin to rewrite old patterns and create space for healing.
Keep it simple. Keep it gentle. Keep coming back.

Coming Tomorrow:
HEALING YOUR INNER CHILD
