

DAY 11



INNER CHILD HEALING SCENARIOS GUIDE

PRACTICE GUIDE

**“HEALING THE INNER CHILD IS NOT ABOUT
CHANGING THE PAST; IT'S ABOUT
OFFERING LOVE TO THE PARTS OF YOU
THAT NEEDED IT MOST.”**

Fiona Soutter

PART 1

PREPARATION

What You'll Need:

- A quiet space where you won't be disturbed
- 15 minutes of uninterrupted time
- Optional: A comfort item or childhood photo

Begin:

- Find a comfortable seat and take several slow, grounding breaths.
- Visualize yourself meeting your inner child in a safe, warm space.
- Connect with your adult resources: your strength, wisdom, compassion.

PART 2

HEALING SCENARIOS

Choose one or more scenarios below to explore with your inner child. Let your heart guide you.

Scenario 1: Feeling Unseen or Unheard

- Visualize your inner child feeling invisible or dismissed.
- Gently kneel down to their level and say: "I see you. Your feelings and your voice matter. You are important to me."

Scenario 2: Feeling Unsafe or Unprotected

- Visualize your inner child feeling fearful or threatened.
- Stand protectively beside them and say: "I am here now. You are safe with me. I will protect you."

Scenario 3: Feeling Ashamed or Unworthy

- Visualize your inner child feeling ashamed or "not good enough."
- Place your hand over their heart and say: "You are lovable exactly as you are. There is nothing wrong with you."

Scenario 4: Feeling Lonely or Abandoned

- Visualize your inner child feeling isolated or forgotten.
- Embrace them warmly and say: _"You are never alone. I am with you always."

Scenario 5: Feeling Confused or Overwhelmed

- Visualize your inner child feeling lost or unsure.
- Sit beside them and say: _"It's okay to not have all the answers. I will help you find your way."



CLOSING THOUGHTS

Healing your inner child is an act of profound self-love. Every time you offer compassion, protection, or validation to these younger parts of yourself, you are strengthening the foundation of your adult self.

"You are not broken. You are healing. You are remembering your original wholeness."

Tomorrow, we will explore emotional release techniques to continue liberating stored energy and strengthening your journey of self-love. ✨
