

8-Week Inner Child Healing Plan

1. **Exercise:** Here's a **structured 8-week healing plan** for inner child wounds. It's designed to be flexible and manageable, incorporating practical exercises, self-reflection, and gradual progress.
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Week 1: Awareness and Acknowledgment

Goal: Understand your inner child and begin identifying wounds.

1. **Daily Practice:**

- Spend 5–10 minutes reflecting on childhood experiences.
- Journal your memories, focusing on both positive and negative moments.

2. **Exercise:**

- Write a letter to your inner child. Acknowledge their pain and express your intention to reconnect and heal.

3. **Affirmation:**

- "I see you, I hear you, and I am here for you."
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Week 2: Identifying Triggers and Patterns

Goal: Recognize how inner child wounds influence your current behavior.

2. **Daily Practice:**

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- Create a "Triggers Map":
 - Column 1: The trigger (e.g., criticism).
 - Column 2: The emotional reaction (e.g., anger, withdrawal).

- Column 3: Possible childhood root (e.g., being criticized by a parent).

3. Affirmation:

- “I am not my triggers; I am safe to explore and heal.”
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Week 3: Building Self-Compassion

Goal: Cultivate kindness and understanding toward yourself.

1. Daily Practice:

- Practice self-compassion during moments of self-criticism. Use phrases like:
 - “It’s okay to feel this way.”
 - “I am doing the best I can.”

2. Exercise:

- Place your hand on your heart and visualize your inner child. Say:
 - “I love you, I’m here for you, and I will protect you.”

3. Affirmation:

- “I am worthy of love and care, just as I am.”
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Week 4: Inner Child Visualization

Goal: Reconnect with your inner child and provide reassurance.

1. Daily Practice:

- Spend 5–10 minutes in quiet meditation. Visualize your inner child in a safe, happy place. Engage in a loving dialogue with them.

2. Exercise:

- Ask your inner child:

- “What do you need from me right now?”
- “How can I help you feel safe and loved?”

3. Affirmation:

- “You are safe with me. I will always take care of you.”
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Week 5: Rewriting Limiting Beliefs

Goal: Replace harmful beliefs with empowering ones.

1. Daily Practice:

- Identify a limiting belief each day and write an empowering belief to counter it.
 - Example: Limiting belief: “I’m not good enough.”
Empowering belief: “I am worthy of love and success.”

2. Exercise:

- Create a mantra from your empowering beliefs and repeat it throughout the day.

3. Affirmation:

- “I release old beliefs and embrace my true worth.”
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Week 6: Setting Boundaries

Goal: Protect your emotional well-being and honor your needs.

1. Daily Practice:

- Reflect on where you feel drained or unprotected in relationships. Write down one boundary you’d like to set.

2. Exercise:

- Role-play setting a boundary in front of a mirror. Use assertive but kind language (e.g., “I need time to recharge, so I won’t be available tonight”).

3. Affirmation:

- “It’s safe for me to set boundaries and honor my needs.”
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Week 7: Embracing Play and Joy

Goal: Reconnect with your inner child through creativity and fun.

1. Daily Practice:

- Dedicate 10–15 minutes to a playful activity you enjoyed as a child (e.g., drawing, dancing, or playing outside).

2. Exercise:

- Create a "Fun List" of activities you loved as a child. Choose one to do this week.

3. Affirmation:

- “I deserve joy, freedom, and play.”
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Week 8: Integration and Reflection

Goal: Celebrate progress and integrate healing practices into daily life.

1. Daily Practice:

- Reflect on how you’ve grown over the past 7 weeks. Write down your insights, achievements, and areas for continued growth.

2. Exercise:

- Write a letter to your future self. Share your hopes, affirmations, and promises for continued healing.

3. Affirmation:

- “I honor my journey and trust in my ability to heal and thrive.”
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Ongoing Practices

- Continue journaling, visualization, and self-compassion exercises.

- Regularly engage in activities that bring you joy and nurture your inner child
- Go to my linktree to sign up for weekly transformational sessions