

Me, Inner Child Work Book



Essential Balance Coaching

Inner Child work what is it and why do I need to work on it?

No matter how big or small, almost all of us experienced some kind of trauma as children. These traumas could vary from having your favorite stuffed toy thrown in the trash, to being abandoned by your best childhood friend, to being physically or emotionally abused by your parents. Inner child work is a vital component of inner work because it reconnects us with a wounded element of ourselves: the child within. When we reconnect with this fragmented part of ourselves, we can begin to discover the root of many of our fears, phobias, insecurities and sabotaging life patterns. This is where the true healing happens! Likely, you'll be surprised by what you discover through inner child work. Instead of simply looking at a symptom of your pain, you'll go right to the core and reveal when a fear, phobia or certain life pattern first began.

HOW TO RECOGNIZE IF YOU HAVE A WOUNDED INNER CHILD?

How do you know if your past trauma is affecting you deeply right now? Is it connected to your inner child?

These are some signs that you may have a wounded inner child:

1. You feel there is something wrong with you, in the deepest part of yourself
2. You feel anxiety when going outside of your comfort zone
3. You're a people pleaser
4. You don't have a strong sense of identity
5. You deliberately like to be in conflict with people around you
6. You're a hoarder of things, people, emotions, and you have a hard time letting go
7. You feel inadequate as a man or as a woman
8. You constantly criticize yourself for your supposed inadequacy
9. You are unforgiving to yourself, rigid and a perfectionist
10. You have a hard time committing and trusting
11. You have deep abandonment issues and would cling to relationships even when they are toxic

There are many more signs that your inner child might be wounded, truthfully, all of us, no matter how small or insignificant, have traumas from our past that need addressing.

LET'S START DOING THE WORK TOGETHER

ROMY RAS AT [HTTPS://WWW.ROMYRASCOACHING.COM/](https://www.romyrascoaching.com/)



RAISE YOUR DOMINANT HAND IN THE AIR & FILL OUT BELOW BOX WITH YOUR NON- DOMINANT HAND

Name:

Date:

What is leading you to this course:



Essential Balance Coaching

Inner Child Work- Sheet

RAISE YOUR DOMINANT HAND IN THE AIR & ANSWER THE BELOW QUESTIONS WITH YOUR NON-DOMINANT HAND.

IS IT AWKWARD? SLOW DO YOU FEEL SILLY STUPID CHILDISH?

IS IT AWKWARD? SLOW DO YOU FEEL SILLY STUPID CHILDISH?

IF I HAD A SUPERPOWER, IT WOULD BE..



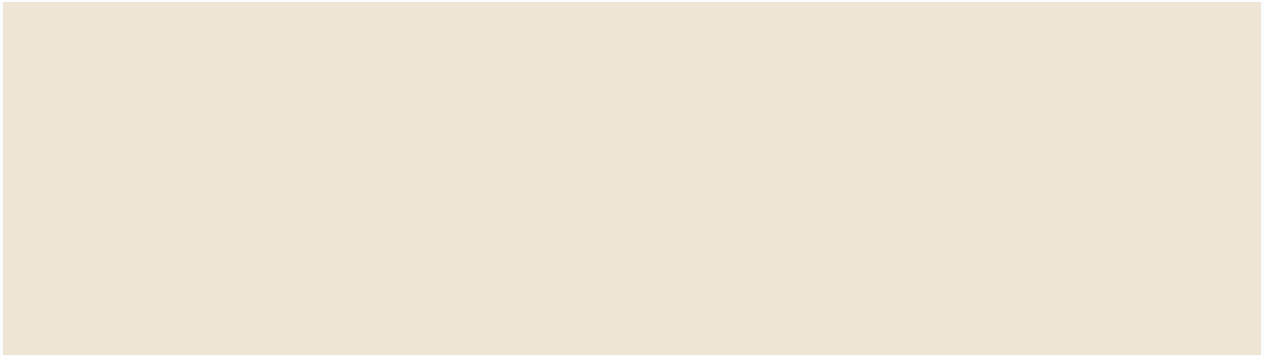
Answering back:

Essential Balance Coaching

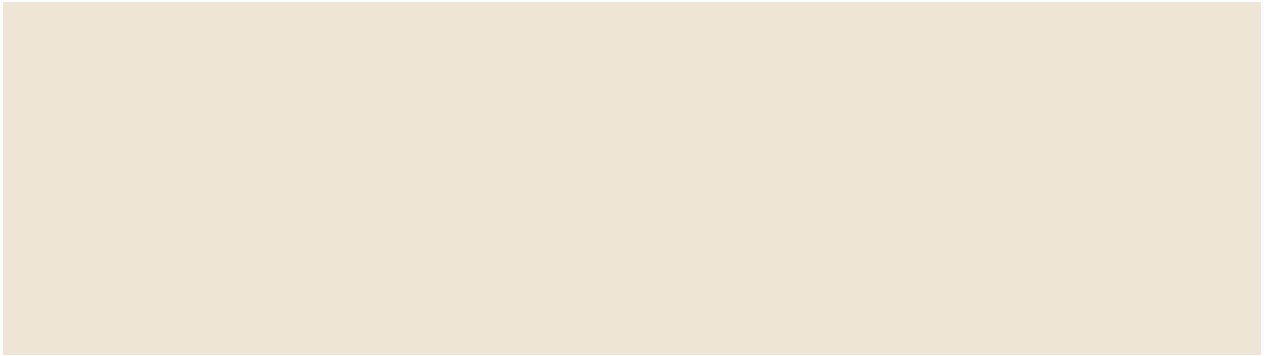
Inner Child Work- Sheet

NOW WITH YOUR DOMINANT HAND WRITE DOWN WHAT YOUR INNER CRITIC , THE CRITICAL PART OF YOURSELF THOUGHT ABOUT THIS EXERCISE

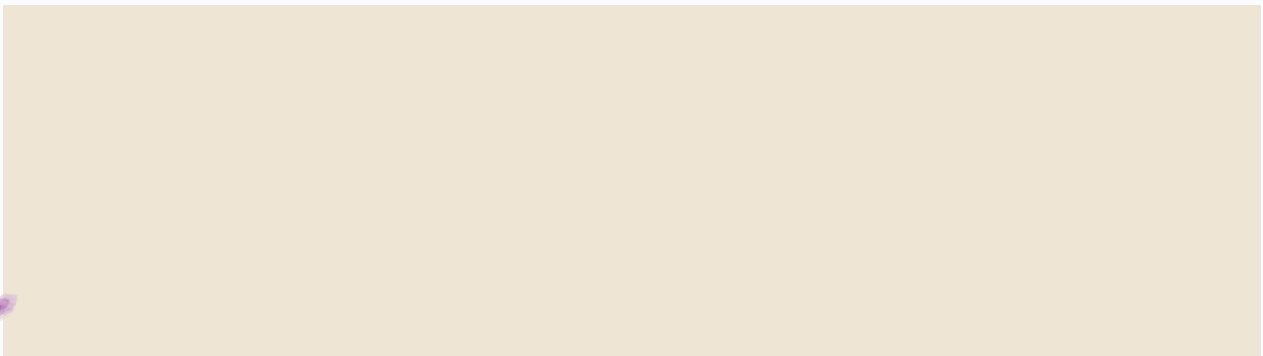
DID YOU MAKE SOME MISTAKES IN SPELLING AND GRAMMAR?



DID YOU JUDGE YOURSELF FOR POOR PENMANSHIP?
HOW DID YOU JUDGE YOURSELF?



DID YOU TRY TO BE AS NEED AS YOU COULD BE?





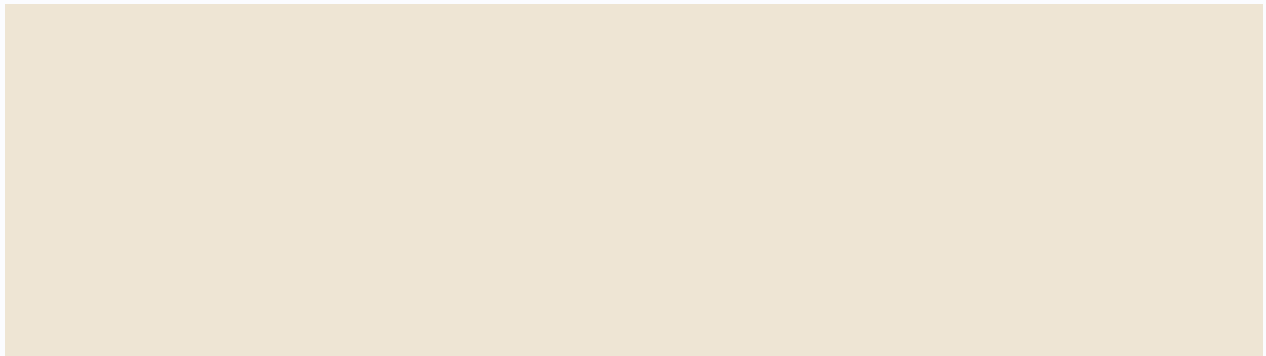
Answering back:

Essential Balance Coaching

Inner Child Work-Sheet

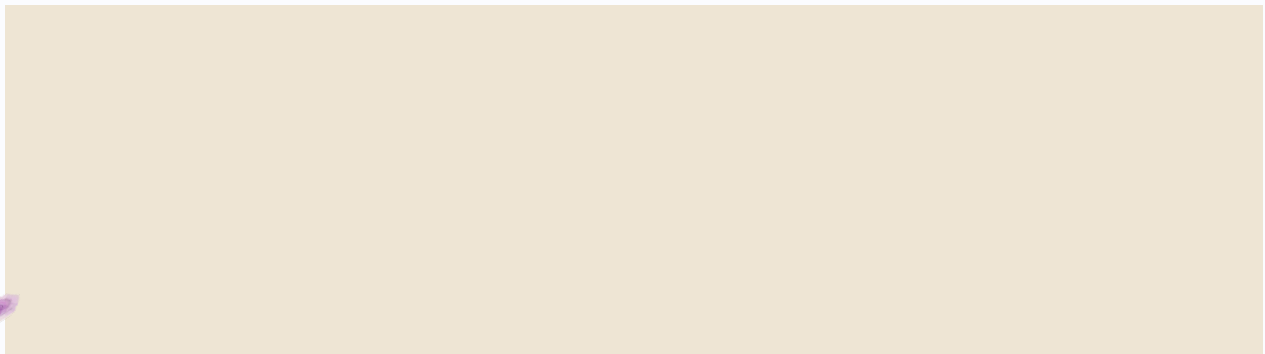
DON'T THINK ABOUT BELOW QUESTION TOO MUCH OR IN ADVANCE JUST KEEP YOUR PEN MOVING AS FAST AS YOU CAN.

WHAT DOES IT SAY ABOUT YOUR ABILITY TO ENGAGE IN THIS WORK?



Now read what the critic has said to yourself. Get in touch with the feisty, assertive part of yourself. We can call it the Inner Brat. If you have been a good girl or good boy all your life you will have to dig deep to get to this one. With your non dominant hand answer back to the Inner Critic and really assert yourself. Don't be polite. Use whatever words you want.

NOW TAKE A MOMENT TO DESCRIBE THE FEELINGS AND EMOTIONS THAT CAME UP FOR YOU IN THAT EXERCISE





Memories

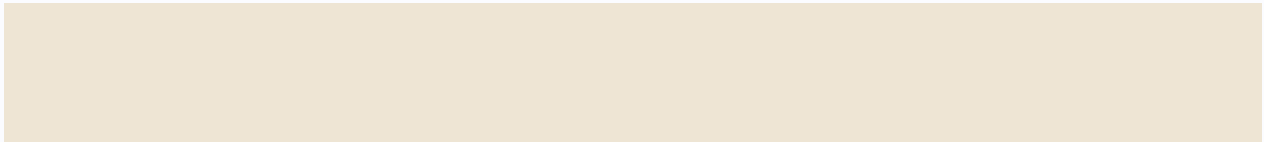
Essential Balance Coaching

Inner Child Work- Sheet

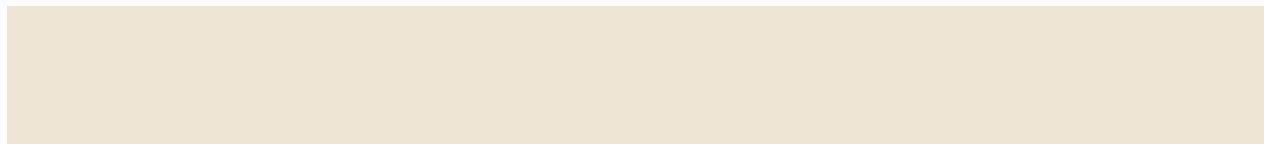
Please find a photo of yourself as a child. And for a few moments look into the face of the child you were.... and breathe. If you don't have a photo and it feels safe for you to do so just close your eyes and let yourself imagine the face of the child within. Take a few minutes to see the child. No need to speak to him or her just look and thank her for being there right now. If you cannot feel of see your child within please do not worry simply breath in deep and exhale slowly. In time the child will reveal him/herself to you.

Now Take two colored pens and hold one in each hand. Your dominant hand will represent you the adult so choose which color you want YOU the Adult to be. The other hand will represent the inner child. This is called your NON dominant hand. With your Non dominant hand answer this question.

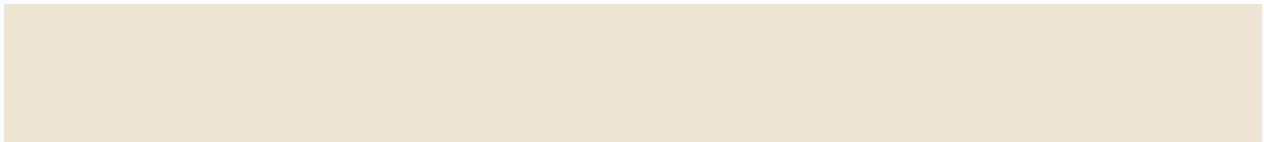
HOW DOES IT FEEL WHEN YOU ARE CRITICIZED?



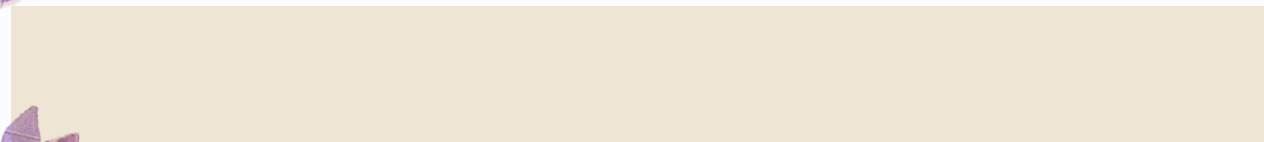
NOW WITH YOUR DOMINANT HAND RESPOND TO THE INNER CHILD AS THE ADULT .
WRITE FAST DON'T THINK TOO MUCH



NOW GO BACK AND RESPOND TO THE ADULT WITH YOUR NON DOMINANT HAND.



CAN YOU SEE HOW THE ADULT IN YOU IS CAPABLE OF TAKING ON THE ROLE OF THE CRITICAL ADULT?



Choices

Essential Balance Coaching

Inner Child Work- Sheet

We always have a Choice

We have a choice what kind of parent we want to have to re-parent ourselves. Ask what kind of a parent you as child wants

WHAT QUALITIES DOES S/HE DESERVE BEING A BEAUTIFUL INNOCENT CREATIVE PURE SWEET CHILD? LIST THESE QUALITIES.

THEN WITH THE DOMINANT HAND WRITE A LETTER TO THE CHILD USING THE QUALITIES WE HAVE JUST WRITTEN DOWN. AND RESPOND TO THE INNER CHILD WHO WROTE HOW SHE FELT WHEN SHE WAS CRITICIZED.

--

This is the beginning of a loving relationship between you are your Inner Child. Do these exercises until you feel your inner child trust your unconditional love without any doubt.

Take this new loving relationship into the New Year and watch yourself shine with pure happiness and joy.