

A Personal Guide to Healing your Inner Child



An intro to
Reconnecting and Healing.

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A large, stylized, handwritten signature in black ink that reads "Jenni Why". The signature is fluid and expressive, with varying line thicknesses and ink saturation.

Dear Beautiful Soul,

Welcome to your healing journey. This guide serves as a gentle invitation to explore your inner child, who holds memories of joy and pain. It's not a workbook to rush through, but an experience to feel. You can revisit it whenever you need, trusting that each return will bring new insights and healing. There is a brief reading portion for each step, followed by reflection prompts to help you tap into your inner child.

Key topics include:

- Understanding the inner child
- Identifying childhood wounds
- Reconnecting and healing

Remember, you're not alone in this process. Your courage is sacred, and your healing has a profound impact on those around you. Each step you take is a testament to your strength and resilience. Take your time, breathe, and begin gently. Trust the process, for transformation often comes in the moments when we least expect it.

With light and love,
Jenni

What Is Inner Child Healing?

What Is an Inner Child?

READING PORTION

Think of your inner child as the younger version of you—full of feelings, memories, and unmet needs. Sometimes, painful experiences from childhood get "buried" but still affect your adult thoughts, emotions, and relationships.

Inner child healing is about reconnecting with that part of yourself, gently listening to its needs, and giving yourself what you did not receive back then.

Your inner child is not just a concept—it is the emotional memory of your younger self. It is that part of you that once laughed easily, feared abandonment, sought love, and sometimes got hurt.

Healing the inner child means:

Acknowledging their presence

Recognizing their pain

Giving yourself what you did not receive back then—like love, protection, or reassurance.

REFLECTION TIME

- What emotions come up when you think about your childhood self?

- What did you most need as a child that you did not always get?

Why This Work Matters

Why Inner Child Healing Is So Important

READING PORTION

When childhood wounds are left unhealed, they often show up in adult life as:

- Anxiety, people-pleasing, and perfectionism
- Trouble with intimacy or trusting others
- Harsh self-talk, guilt, or shame
- Emotional outbursts or shutting down

By healing your inner child, you create:

- More emotional freedom
- Better relationships
- A deeper connection with your authentic self

REFLECTION TIME

Can you think of a recent moment when you felt "too reactive" or deeply triggered? What might your inner child have been feeling?

Where do you see your inner child showing up today?

Signs You Might Have Inner Child Wounds

Signs Your Inner Child Needs You

- You are hard on yourself.
- Constant self-criticism or perfectionism.
- You struggle with trusting people.
- Or you feel anxious about being abandoned.
- Feeling shame when you have not done anything wrong.
- You people-please to feel accepted.
- You seek approval ~~constantly~~. All rights reserved. Pause Two Three 2025
- You have been through trauma, neglect, or emotional distance as a child.
- You expect perfection or shame yourself for mistakes.
- You fear rejection or abandonment.
- You might cling to people or isolate out of fear.
- You avoid conflict or explode during conflict.
- These are often childhood protection mechanisms.
- You do not feel "good enough."
- This feeling lingers no matter how much you achieve.
- You have experienced neglect, trauma, or emotional disconnection.
- This could be obvious trauma or subtle emotional neglect.

7 Simple Steps to Start Healing Your Inner Child

The following section outlines seven simple yet powerful steps to initiate the healing process. Each step is an invitation, not a demand. You can move through them slowly, revisit them often, or skip and return as your heart guides you.

These steps are here to help you:

- Listen more deeply to your inner voice
- Offer yourself the safety and love you may have missed
- Reconnect with your joy, peace, and emotional truth

You don't need to do this perfectly. You need to show up with kindness.

Healing begins when we choose to pay attention – with compassion, curiosity, and care.

Let this be your beginning.

“ The child you once were is still inside you.
They are waiting to be heard. ”

Step One

Acknowledge Your Inner Child

READING PORTION

Before we can heal, we must first recognize that our inner child still exists – quietly influencing how we think, feel, and respond. This step is about making contact, offering presence, and letting that younger part of you know: you are not forgotten. Just like any relationship, healing begins with being seen and heard. Acknowledgment opens the door to trust.

Here is a gentle step to consider trying
Say out loud or just in your head to your younger self: "I
know you are there. I am here now. I am ready to
listen."

Close your eyes and picture your younger self. How do
they feel?

REFLECTION TIME

What message would you give that child right
now?

Step Two

Write a Letter to Your Younger Self

READING PORTION

Words have power – especially when they come from a place of compassion. Writing to your younger self can be deeply healing because it gives voice to the love, reassurance, and understanding you may have needed at that time. This step helps you meet your past pain with present kindness. It's not about fixing the past, but bringing comfort to what still echoes within you.

Let your inner child know they are seen and loved.
Start with: "Dear little me, I know you have been holding a lot..."

Practice self-compassion.
Talk to yourself like you would to a scared child.
Could you look at old photos or memories?
Could you try to connect with that version of you?

REFLECTION TIME

What do you wish someone had told you back then?

Step Three

Track Emotional Triggers

READING PORTION

Triggers are emotional reactions that often come from past pain.

Our strongest emotional reactions often stem from unhealed wounds. When you're triggered, your inner child may be trying to protect you in the only way they know how. By gently observing your emotional patterns, you begin to separate past from present and create space for choice instead of automatic reaction. Awareness is the first layer of healing.

Notice: When do you feel unseen, rejected, or unsafe?

REFLECTION TIME

What story do you tell yourself when you are triggered?
Is it still true?

Step Four

Speak to Yourself with Kindness

READING PORTION

Many of us speak to ourselves more harshly than we ever would to a child. Healing your inner child means becoming the nurturing voice they needed – one that says “You’re safe,” “You matter,” and “I’m here.”

The way you speak to yourself becomes the emotional environment in which your inner child lives. Let it be loving.

Could you take a moment to reflect on the words you use in your internal dialogue?

Are they words of encouragement and compassion? Or do they echo criticisms and doubts?

By consciously choosing to be gentle and understanding, you pave the way for healing and growth. Picture your inner child listening closely. Embrace this practice with patience.

REFLECTION TIME

What does the younger you need to hear today to feel cherished and supported?

Step Five

Reconnect Through Comforting Activities

READING PORTION

Healing isn't only emotional – it's also sensory and playful. Simple acts like colouring, snuggling up with a favourite blanket, or watching an old movie send powerful signals of care to your inner child. Eat your favourite childhood snack.

Listen to music that uplifts your spirit or transports you back to joyful childhood memories.

Consider keeping a journal where you can write letters from step two to your inner child, offering reassurance and understanding.

These comforting rituals help rebuild trust and joy within. You're showing the younger you that you're worth soothing.

REFLECTION TIME

What playful or comforting thing will you do this week?

Step Six

Create a Safe Inner Sanctuary

READING PORTION

Your inner world should serve as a safe haven. This step encourages you to envision – and revisit – a place where your inner child feels secure, nurtured, and at peace. When the external world becomes overwhelming, this space acts as your internal home base.

Imagine a serene garden, a cozy corner, or a magical forest filled with sights and sounds that evoke a sense of tranquillity. Here, you can reconnect with your true self, free from judgment and criticism. Allow this sanctuary to be a place where your inner child can play and heal.

As you build this mental space, incorporate elements that evoke feelings of safety and love, such as a gentle breeze or the warm glow of a setting sun. Return to this sanctuary whenever you need a moment to pause or reflect. It's always available to you, ready to embrace you.

REFLECTION TIME

What does emotional safety feel like for you?

Step Seven

Speak Words That Heal

READING PORTION

Affirmations are deeply powerful when spoken with intention. Repeating loving truths helps rewrite old, harmful messages your inner child may still carry. Over time, these healing words become part of how you relate to yourself. You are building a new inner narrative – one grounded in care and worth.

Speak your affirmations aloud, write them on sticky notes, or whisper them during quiet moments. Even if you don't fully believe them yet, let them plant seeds of safety and trust. Healing occurs through repetition, gentleness, and choosing again, especially on the most challenging days.

Affirmation examples

- "You are safe."
- "You are loved."
- "You are enough."

REFLECTION TIME

Which affirmation speaks to your heart right now?

Final Thoughts

Embracing your shadow involves accepting the parts of yourself that you have previously hidden or denied. This step encourages you to approach these aspects with curiosity and compassion, understanding they are integral to who you are and can offer valuable insights.

Ideas to think about moving forward;

Engage in activities like creative expression, meditation, or therapy to connect with your shadow. Acknowledge these parts of yourself with compassion, as they lead to greater self-awareness and personal growth.

REFLECTION TIME

What is one aspect of myself that I tend to hide or deny?

How can I begin to accept and understand this part of my identity?

Ready to go Deeper?

If you are interested in continuing your healing journey, be sure to check out Level Two at www.pausetwothree.com

It will explore a range of tools, inner child types, and methods for reshaping your emotional story.

Key Areas of Focus:

- Identifying inner child types, such as the abandoned, the perfectionist, and the lost child.
- Guided meditation journal prompts
- Physical healing: using body-focused techniques
- Reparenting methods
- Inner child and shadow exploration
- Understanding when to seek a therapist's help

Healing is not just about fixing; it's about reconnecting with who you were before the pain. Embracing this journey is an act of bravery and self-care. It's a chance to rediscover your inner strength and resilience, to learn new ways of caring for yourself, and to create a future that aligns with your true self. As you move forward, you'll feel more empowered to face life's challenges with grace and confidence. Remember, every step you take is a step towards a more genuine and satisfying life.

Thank You for Embracing Yourself

You have accomplished something extraordinary.

You have dedicated time to listen within and start reconnecting with the gentle voice of your inner child.

Moreover, this journey will create ripple effects that you may not yet fully recognize. Even if some aspects still feel incomplete or you are discovering new insights, remember: you are already on the path to healing. Keep choosing to pause. Keep prioritizing yourself.

As you continue on this path, you will likely find unexpected moments of clarity and joy that reaffirm your commitment to self-discovery. These moments can serve as beacons, guiding you through any challenges that may arise. Embracing your true self is not always easy, but it is undoubtedly a rewarding experience. Each small step you take further strengthens your resolve and deepens your understanding of who you are.

I am incredibly grateful that you have welcomed this guide into your journey.

With love and light,

Jenni