

A SELF LOVE GUIDE

Healing the Inner Child



By Adrianna Sesi

The Inner Child

**WHO WERE YOU BEFORE THE
WORLD WOUNDED YOU?**

- Vulnerable
- Authentic
- Creative
- Playful
- Carefree
- Innocent
- Joyful
- Hopeful
- Open minded
- Curious
- Expressive
- Free!



“

CONSIDER THIS -

The real you is still a little child who never grew up. Sometimes that little child comes out when you are having fun or playing, when you feel happy, when you are painting, or writing poetry, or playing the piano, or expressing yourself in some way. These are the happiest moments of your life - when the real you comes out, when you don't care about the past and you don't worry about the future. You are childlike.

- MIGUEL ANGEL RUIZ

Inner Child Work

**THIS LITTLE YOU DESERVES
LOVE, AFFECTION,
VALIDATION, AND SAFETY.**

As children, many of us experienced pain, neglect, or trauma. This could be in the form of an abusive, absent, or preoccupied parent, an overly critical parent or teacher, bullies, difficult life transitions, or otherwise not having our basic needs met. Everyone has wounds from their early years of life, both big and small, that impact how we move forward.

The pain that comes from this early on wounding stays with us well into adulthood - impacting our relationships with ourselves and others.

Our childhood needs to be loved, accepted, safe, validated, and affirmed, if left unmet, present in our adult selves in ways that sabotage our success and keep us feeling small and unworthy.

Inner Child Work provides an opportunity to re-parent ourselves, re-open our hearts to Self Love, and create safety and compassion in our inner worlds. This allows us to integrate our wounds as adults so they no longer rule our lives.



WOUNDED INNER CHILD

- Self sabotage & destruction - addictions, distractions, procrastination
- Feeling broken, unworthy, bad, unlovable
- People Pleasing
- Fear of abandonment or rejection
- Low self esteem & lack of self love
- Lack of boundaries



INTEGRATED ADULT

- Self loving, with regular self care practices
- Sets boundaries with others
- Knows when to say "no"
- Expresses emotions and needs in an empowered, honest, and assertive way
- Honors your Truth
- Compassionate to Inner Child

Why focus on healing the Inner Child?

EMOTIONAL WELL BEING

When the Inner Child is wounded, our emotions are reactive, impulsive, and out of our control. Building a loving relationship to our Inner Child allows us to be aware of our emotions, express them in a healthy way, and meet our emotional needs.

RELATIONSHIPS

When we live from the wounds of our Inner Child, we show up in relationships as people-pleasers, over-compensators, codependent, and conflict-averse. We fear rejection and abandonment so deeply that we abandon ourselves in order to keep others in our lives. Healing our hearts helps us get our relationship needs met and honor our value and worth.

LIVING YOUR PURPOSE

Perfectionism and over-achieving are common traits of a wounded Inner Child. We fear expressing our creative side for worries of "not being good enough." Releasing Inner Child wounds makes space for us to pursue our passions and purpose freely.

Tools to Heal your Inner Child

○ DO YOUR FAVORITE CHILDHOOD ACTIVITY

Did you love to paint, or swing on a swing set, ride your bike, or climb trees? Make space to do these activities to get in touch with your inner child. Give yourself permission to let your Inner Child free!

○ PRACTICE BOUNDARIES

Boundaries create safety in relationships. When we practice making boundaries, we tell the part of ourselves that desires this boundary that those needs are important. Say "no" when you mean no!

○ WRITE A LETTER

Writing can be a powerful tool to pull from the subconscious mind any hidden truths and emotions. Write a letter to your Inner Child, letting them know they are loved, cared for, safe, and special. Say all of the things your younger self needed to hear.

○ FEEL YOUR FEELINGS

Allowing yourself to be present through your emotions sends a message to your heart that you are valid and important. When you allow yourself to sit through emotions, these emotions can find healing and release. Use self care, journaling, creative expression, and meditation to process feelings.

Self Care

BE YOUR OWN PARENT

Having a self care routine is crucial for all aspects of our health, and is particularly important if any of our needs were not met as children. Acting as a compassionate, nurturing parent, focus on meeting your own needs - emotional, physical, mental, and spiritual.

Self care can be as basic as cooking yourself nourishing food or letting your body move in a way that feels good. It can be as luxurious as a spa day or a vacation. The key here is intention - the intention to make time in your day, every day, to give love and attention to you.

Choose a few simple activities that feel good. Hobbies, relaxation practices, movement, or little moments of simple pleasures work great! Build this into your daily routine as a self love practice.



Journal Prompts

FORGIVENESS

I Choose to forgive myself for....

I release any lasting guilt/shame about

NEEDS

My Inner Child needs...

I commit to meeting the needs of my Inner Child by doing these things:

FEARS

My Inner Child is afraid of...

This fear shows up in my adult life as...

The things that make my Inner Child feel safe are:

LOVE

The type of love my Inner Child deserves is....

The things I love about myself are...

I am proud of myself for....

Inner Child Meditation



BODY SCAN

Take deep breaths. Bring your awareness into your body. Focus on the sensations in your physical being in the present moment. Release judgments or distractions.

VISUALIZE YOUR INNER CHILD

Bring to mind your Inner Child. Visualize what you looked like. Check in with them. How do they feel? What do they need? What do they want you to know?

BUILD LOVE

Tell your younger self that you love them, care for them, and are hearing them. Let them know they are safe and you will commit to taking care of them from here on out.

Self Talk - Loving Affirmations

I LOVE MYSELF & MY INNER CHILD. I AM LOVABLE, EXACTLY AS I AM.

I AM SAFE.

I FORGIVE MYSELF FOR MY MISTAKES. THE PAST DOES NOT DEFINE ME.

MY FEELINGS AND EXPERIENCES ARE VALID.

I AM WHOLE, COMPLETE, AND WORTHY.

I AM DOING A BEAUTIFUL JOB HEALING MYSELF.

I AM HERE TO TAKE CARE OF MY INNER CHILD.

I AM ALLOWED TO SAY NO, TO ESTABLISH BOUNDARIES, AND TO EXPRESS MY TRUTH.

Adrianna Sesi

HOLISTIC PSYCHOTHERAPIST, INTUITIVE COACH, & INTEGRATIVE ENERGY HEALER

Adrianna is passionate about helping people transform their trauma, alchemize their emotions, and dive deep into self love so they can live their most empowered, joyful, authentic lives.

Adrianna leads workshops, classes, individual and couple's sessions. She integrates a wide variety of holistic techniques to guide her clients through releasing old wounds and stepping into their power. She believes each person is the expert of their own experience and facilitates practices to deepen this awareness.

To learn more about Adrianna's offerings and events, check out her website:

www.AdriannaSesi.com

