



Healing The Wounds Of The Inner Child

By Joanne Antoun

Briefly describe your life now and how you want it to be _____

Now with the following sentence in mind, simply glance over the words in the table below and notice which five words resonate or stand out for you and fill in the blanks.

I am held back because of my self-imposed feeling of _____

Addiction	Judgement	Criticism	Doubt	Guilt	The Need to please	Negativity	Self Sabotage
Anger	Being over-emotional	Defensiveness	Envy	Hate	Lack of trust	Procrastination	Stubbornness
Anxiety	Boredom	Dependence	Fear	Insecurity	Loneliness	Resentment	Suffering
Attachment	Carelessness	Depression	Frustration	Jealousy	A Lack of confidence	Self Pity	Unexpressed emotion

Now with the following sentence in mind, simply glance over the words in the table below and notice which three words resonate or stand out for you and fill in the blanks.

I react to these by being or feeling _____

Aggressive	Controlling	Dominated	Fatigued	Insecure	Resentful	Negative	Unappreciated
Ashamed	Critical	Dominating	Hopeless	Humorous	Resigned	Procrastinating	Unsupported
Cold	Destructive	Expressive	Impulsive	Manipulated	Responsible	Shut down	Victimized
Competitive	Discouraged	Fearful	Indifferent	Manipulative	Self Condemning	Self pity	Resented

Now with the following sentence in mind, simply glance over the words in the table below and notice which word or phrase resonates or stands out for you the most and fill in the blank.

Because my inner child feels _____

Undeserving	Unloved	Not good enough	Unworthy	Alone	Unsafe
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How do you behave, what happens when you feel that particular emotion? _____

List the reoccurring patterns or events throughout your life where you recall feeling like this _____

Now fill in the blank

I choose to heal and release the part of me that feels _____

I am a loving precious child of the universe always safe, and loved. I am enough.
Spend a little time with your inner child during each event offering a hug, lots of love, guidance and support, healing the situation and seeing your inner child as free at last.
Sign and date this, making it your truth.

Sign: _____ Date: / / _____