

WELCOME BACK TO

SELF LOVE

SCHOOL JUNIOR

WEEK 1:

LOVING YOUR INNER CHILD

# WELCOME BACK!!!

1. Angel card
2. GOING DEEPER. Instead of wider.
3. As I teach about the inner child today it is my hope that it will conjure up some memories for you. If and when they come up- jot them down.

# WHAT IS THE INNER CHILD?

- \* Part of our mind that stores all of our emotional experiences from childhood.
- \* The lens through which we see the world.
- \* Contributes to choices we make: at work, relationships, at work, our bodies, our habits
- \* Age 0-7 we are in an altered state of consciousness. Called EGOcentric. We filter everything that happens to us with a self-assigned meaning.

EX: We have a dad that gets home every day in a grumpy mood and bc we are a child we are not aware that dad has a very stressful job or that he's working extra for cover financial concerns.

Not knowing the meaning we could make up is that we aren't worthy of love, or we aren't cared about by dad. Then we tell ourselves that story every time dad comes home grumpy.

Then as adult when your partner comes home grumpy you tell the same story. Or if a friend isn't giving you attention, you tell yourself you aren't cared about.

# INNER CHILD

- \* In your consciousness you have memories of every age you've ever been
- \* No matter our age, we all have an inner child who needs **love and acceptance**
- \* Strong + Independent women have a little girl inside who is sensitive & needs help
- \* When things go wrong when we are children we tend to think there is something wrong with us. (ego-centric POV)
- \* Children often blame themselves when things go wrong. We're always trying to be loved and not get punished.
- \* Most of our pain we experienced as children is because our Physical, emotional , and/ or spiritual)needs were not being met.



# INNER PARENT

- \* Often Scolds and corrects
- \* Tells you what you're doing wrong or how you are not good enough
- \* We sometimes criticize things about ourselves the way our parents would.
- \* Sounds like... "Quit crying. Suck it up. Don't be a baby." or "Why would you want to do your hair like that?" Or "What will people think?"
- \* This sets up a war inside.... Anxiety anyone?!
- \* John Bradshaw (author of inner child books) says that each of us have 25,000 hours of parent tapes running in our mind by the time we are adults. How many hours of those tapes are critical, untrusting, negative, or say No?
- \* This is not always from abuse/neglect. Sometimes a parent can be looking after us or looking out for us but we pick up that we are not good enough the way we are or are not trusted.

# HEALING OUR INNER CHILD

Most adults are disconnected from the sweet, playful child within us

1. Acknowledge that you have one. Become aware that we all have this part of ourselves. How do we know? ... triggers!
2. Use triggers as a guide to healing.
3. Ask your inner child what they need in the moment? What do I really need right now? Make it happen.
4. Begin to cultivate a new inner parent-  
Honor what you are experiencing emotionally + speak to yourself as if you are the child self, not the adult who dismisses, criticizes, or invalidates your experience.



**LALA from Vanderpump Rules is not ashamed to love her inner child PUBLICLY**

# REPARING

Most of us need this. It is not to say your parents were bad parents or abused you. Even if we did not have a major event happen to us we most likely we did not get **all** of the tools to succeed in life or how to cope, so as adults we can teach ourselves, or parent ourselves.

**DISCIPLINE:** Rituals, Good habits, Keeping promises to selves

**JOY:** Play, Hobbies + Interests, Human Connection

**SELF CARE:** Sleep, Nutrition, movement, Connection to Nature

**EMOTIONAL REGULATION:** Meditation, Conscious Awareness, Reframing our disempowering thoughts, Breathwork, Forgiveness

If we did not get these things from a parent it is most likely because they did not know it or have it for themselves. We can't pass on what we do not know.

# REPARING

1. Which of these areas do you feel you want/need to reparent yourself?
2. Pick one thing to commit to for the next 6 weeks. You can choose more than one but **COMMIT** to just 1.

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(write in workbook)

# ACTIONS



1. Begin to become aware of your triggers this week, and over the next 6 weeks
2. Ask inner child what it needs in the moment? What do I really need right now? Make it happen. Use Emotion Code to move trapped emotions when needed.
3. Mirror Work Affirmations/ To your childhood photo
4. Commit to nurturing yourself in the way you chose. That means this becomes a top priority for 6 weeks.