

## THE INNER CHILD

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[7 Things Your Inner Child Needs to Hear You Say - Tiny Buddha](#)

7 Things Your Inner Child Needs to Hear You Say Thank your inner child for never giving up, for getting through the tough moments in life together with you with strength and perseverance. Thank your inner child for trying to protect you, even if her way was holding on to painful memories.

[Inner Child: What Is It, What Happened To It, And How Can ...](#)

Some of the inner child quotes can be quite funny and as playful as a happy inner child. Others are sarcastic, deflecting the pain the inner child still feels. Some of the best quotes about the inner child remind us what an important part of us it is.

[How To Heal And Re-parent Your Inner Child | Life Labs](#)

Your Inner Child is the echo of the child you once were. We each have our own history and we have all been influenced by our environment, events and the significant people around us. Our inner child has stored those memories, and their impact upon us.

[Inner Child Work: 4 Healing Techniques to Rediscover Your ...](#)

Inner child work is the process of contacting, understanding, embracing and healing your inner child. Your inner child represents your first original self that entered into this world; it contains your capacity to experience wonder, joy, innocence, sensitivity and playfulness.

[Your wounded "inner child": 5 powerful ways to heal it](#)

Inner child healing, or inner child work, is an essential part of inner work, the psycho-therapeutic or spiritual process of changing yourself to become the person you know you can be. On its own, inner child healing reconnects us to the wounded elements of our inner child within.

[6 Steps to Help Heal Your Inner Child - Psych Central](#)

6 Steps to Help Heal Your Inner Child. Related Articles.

Therese J. Borchard. Therese J. Borchard is a mental health writer and advocate.

[Inner child - Wikipedia](#)

One method of reparenting the inner child in therapy was originated by art therapist Lucia Capacchione in 1976 and documented in her book *Recovery of Your Inner Child* (1991). Using art therapy and journaling techniques, her method includes a "nurturing parent" and "protective parent" within "inner family work" to care for a person's

physical, emotional, creative and spiritual needs (her [Inner Child Worksheets - Printable Worksheets](#) Inner Child. Showing top 8 worksheets in the category - Inner Child. Some of the worksheets displayed are Healing your inner child, Week three healing with love, The inner child two healing exercises, , Step one, Opening to inner child, Lesson 1, Supplemental exercises and handouts, [healingcomplextrauma | Inner Child Healing](#)

I also realised, my inner child unmet needs, were as a young child, and older child and as a teenager. I'm a researcher (as you can probably tell by this website), so I spent considerable time, learning about inner child healing and the wounded inner child.

[Healing Complex Trauma & PTSD | Inner Child Healing](#)

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[Inner Child Quotes \(56 quotes\) - Goodreads](#)

Most of us have an inner parent that doesn't take care of the inner child's needs properly. They are more focused on the needs of the ego, such as pleasing other people in order to feel needed, or achieving success and getting recognition from others.

[TOP 25 INNER CHILD QUOTES \(of 84\) | A-Z Quotes](#)

My quest these days is to find my long lost inner child, but I'm afraid if I do, I'll end up with food in my hair and way too in love with the cats. Kenny Loggins, Children, Lost Love, Cat. 10 Copy quote. What a distressing contrast there is between the radiant intelligence of the child and the feeble mentality of the average adult.

[Inner Child Therapy - creativecounseling101.com](#)

Inner Child to All Examples Page Reconnect With Your Inner Child to Creative Counseling 101 Home Inner Child to More Inner Child Techniques Disclaimer: This website and its content is intended for trained licensed mental health professionals and school certified mental health professionals to use for their clients / students at their own discretion.

[How to Embrace Your Inner Child \(with Pictures\) - wikiHow](#)

How to Embrace Your Inner Child. The concept of "the inner child" is that deep within each of us is the memory of the child outgrown. And this "inner child" continues to live and interact with the present, even as it reflects the past. The

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