

# HEAL YOUR INNER CHILD

JOURNAL OR WRITE A LETTER TO YOUR YOUNGER SELF

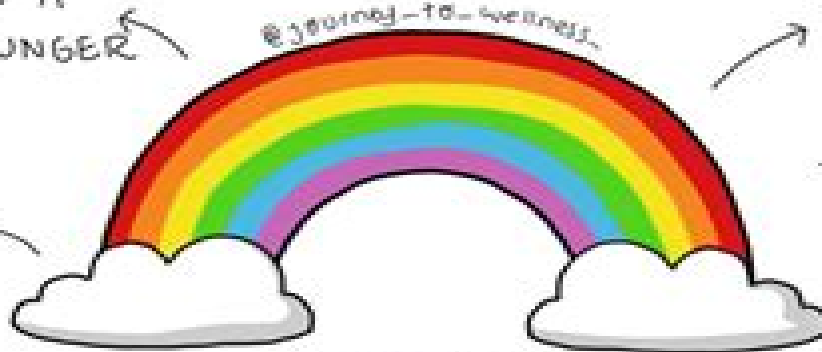
PRINT OR DRAW FOR FUN

SET & HONOUR YOUR BOUNDARIES

WRITE A LIST OF YOUR NEEDS & HOW YOU CAN MEET THEM

LOOK AFTER YOURSELF; YOU CAN RE-PARENT YOURSELF

ACKNOWLEDGE YOUR FEELINGS & KEEP YOUR INNER CRITIC IN CHECK



GO INWARD & DO A BODY SCAN

PLAY, DANCE FREELY, MOVE WITH JOY

VISUALIZE YOURSELF AS A CHILD - ASK WHAT THIS "LITTLE YOU" IS FEELING & NEEDING

USE MANTRAS LIKE "I AM SAFE" "I WILL LOOK AFTER YOU" "I DESERVE LOVE"

LOOK AT PHOTOS OF YOURSELF AS A CHILD AND SPEAK WORDS OF LOVE & KINDNESS TO THIS "LITTLE YOU"



# Heal Your Inner Child

**Ying-Ying Zheng**



**Heal Your Inner Child:**

## Whispering the Strategies of Language: An Mental Quest through **Heal Your Inner Child**

In a digitally-driven world where monitors reign great and quick communication drowns out the subtleties of language, the profound techniques and psychological nuances concealed within words usually go unheard. However, located within the pages of **Heal Your Inner Child** a interesting fictional value blinking with natural thoughts, lies an exceptional journey waiting to be undertaken. Penned by a skilled wordsmith, this charming opus attracts viewers on an introspective trip, gently unraveling the veiled truths and profound influence resonating within the fabric of every word. Within the mental depths of this touching evaluation, we can embark upon a genuine exploration of the book is primary styles, dissect their captivating writing model, and fail to the strong resonance it evokes serious within the recesses of readers hearts.

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