INTUITIVE HEALING

for your inner child

Self-Parenting that nurtures extraordinary achievements

JESSICA EARY
Intuitive Guide For Personal Empowerment

Complete these questions directly after the guided meditation to build a nurturing relationship with your inner child

Describe the memory your inner child recalled. What was my inner child doing? Where was I? Who was there? What was everyone's relationship with each other? What emotions did I have?

What beliefs did I form around this memory about:

Safety

Authority

Relationships

Provisions

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What is the behavioral pattern that keeps showing up in my life that I would like to change?

Here is a prompt to help you get started:
My inner child developed the belief that they needed to _____ in order to receive_____
My inner child reacts by _____ when they feel _____, and I would like to change this pattern that is no longer serving me.
down.

Fill in the blanks
 You can use some of these words to help you fill in the blanks below: disassociating from my body, running away, freezing, getting defensive, fighting back, becoming invisible and hiding, bypassing reality, creating problems, manipulating, blaming, finger-pointing, judging, expecting pitty from everyone, throwing a temper tantrum, creating pain for the other person, resisting help, creating busywork to avoid the situation, perfecting everything, ignoring deadlines.

When I feel **abandoned** my inner child reacts by _____
This behavioral pattern makes it difficult for me to _____
And causes issues with _____ in my life.

When I feel **trapped** my inner child reacts by _____
This behavioral pattern makes it difficult for me to _____
And causes issues with _____ in my life.

When I feel **overwhelmed** my inner child reacts by _____
This behavioral pattern makes it difficult for me to _____
And causes issues with _____ in my life.

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When I feel undervalued my inner child reacts by _____This behavioral pattern makes it difficult for me to _____
And causes issues with _____ in my life.

When I feel disrespected my inner child reacts by _____This behavioral pattern makes it difficult for me to _____
And causes issues with _____ in my life.

When I feel challenged my inner child reacts by _____This behavioral pattern makes it difficult for me to _____
And causes issues with _____ in my life.

When I feel invisible my inner child reacts by _____This behavioral pattern makes it difficult for me to _____
And causes issues with _____ in my life.

When I feel shame my inner child reacts by _____This behavioral pattern makes it difficult for me to _____
And causes issues with _____ in my life.

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Name some mature archetypal characters that showed up in your meditation.
Be creative with naming these archetypal figures. Describe the character's role and the energy you want them to exude to best fulfill their role.

Example: The wise daughter, the patient husband, the responsible friend, the present sage, the listening wife, the loving mother, the creative peacekeeper, the accountable manager, the balanced caretaker,

Forming a relationship between the parent and child starts to relieve your inner child from responsibilities best suited for an adult.

You can use this meditation multiple times. Meet many different children and different archetypes to form a cohesive nurturing family that works together as a team. Check in often with them and see what they need to feel seen, respected, and safe.