



# PART *worksheets* THREE

HEALING THE WOUND AND BREAKING THE CYCLE





# HEALING THE WOUND AND BREAKING THE CYCLE

## What you didn't receive, you can now give yourself

We cannot go back and rewrite our childhood, but we can learn to give ourselves the love, compassion, and boundaries we needed. This is the heart of healing the mother wound - reparenting ourselves.

## Reclaiming our inner child

Reparenting means recognising the unmet needs of our inner child and choosing to meet them now as adults. It is not about blaming the past, but about nurturing the present. When we show up for ourselves with gentleness, we begin to release the guilt, shame, and silence that once held us back.

This section is about beginning that process of self-nurturing and becoming the mother within.



Take your time with these prompts. Write freely, without editing yourself. Even one word or sentence can hold meaning.

When you imagine your younger self (perhaps a specific age), what feelings come up?

A large, empty, light purple rectangular box intended for writing a response to the prompt above.

What did you most need at that age that you didn't fully receive?

A large, empty, light purple rectangular box intended for writing a response to the prompt above.

How do you currently show kindness, protection, or encouragement to yourself?

Are there ways you still treat yourself as you were treated as a child (e.g. criticism, neglect, pressure)?

What would it feel like to begin offering yourself compassion instead?

When life feels overwhelming or we find ourselves reacting in ways we don't fully understand, it's often a sign that our inner child is calling out for care. That younger part of us still holds the memories, fears, and unmet needs from the past — and when ignored, it can quietly drive our emotions and choices. Taking care of your inner child isn't about looking back with blame; it's about offering yourself the safety, love, and understanding you once needed. By doing so, you begin to heal old wounds and create the inner stability that allows you to respond to life with compassion instead of protection.



# WORKSHEET

RECLAIMING YOUR INNER CHILD

This guided reflection helps you connect with and comfort your younger self. Find a quiet space. Close your eyes and picture yourself as a child. Notice their face, posture, and mood.

Imagine kneeling down beside them.

Ask softly: **“What do you need right now?”**

Listen - without judgement - to whatever arises. It may be a word, an image, or a feeling.

Now, imagine giving them exactly that. Hold them, speak kindly, or simply sit with them.

After a few moments, open your eyes and write down:

What age you saw yourself at? and what did your inner child need?

How can you support yourself by meeting this need in your life today?

This practice builds a bridge between past and present, gently teaching you to nurture the parts of yourself still waiting to be seen



## CLOSING PART THREE

Take a deep breath in through your nose and out through your mouth. Place your hand gently on your heart.

Say softly to yourself (out loud if you can):

**“I am learning to be the mother I always needed. I give myself permission to be cared for, loved, and safe.”**

Close your eyes for a moment and imagine offering compassion to the child you once were. Picture wrapping them in a blanket of warmth and reassurance.

Write one loving affirmation for your inner child (e.g. *“You are enough,” “You are safe with me,” “I love you just as you are”*). Repeat it daily as a reminder of your reparenting journey.