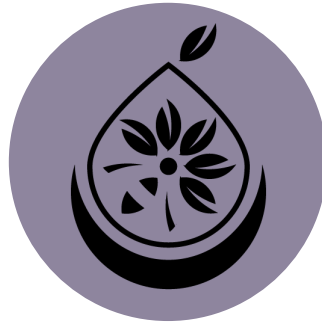




Inner Child



A workbook designed to dispel shame and embrace unconditional self-acceptance.



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CONNECTING TO THE INNER CHILD

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MEETING DEVELOPMENTAL NEEDS

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REPARING THE SELF

For more in-depth support in your Inner Child journey as a trauma survivor, Syconium offers an online course or an intensive program. These include tarot spreads, journal prompts, video content and a full workbook.

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www.syconium.ca



Connecting to your Inner Child

The inner child is a semi-independent part of your personality that is unconscious to our Ego, how we consciously interact with the world. This aspect of our Self reacts and feels like a child. Inner child work is resolving issues stemming from childhood and reconnecting with joy and innocence of a child by addressing the unmet needs and wounds of you as a child.

The only rule with these questions is to be honest. Be kind to yourself in this process, and remember that thoughts are not actions.

The Inquiry

What did I learn about my role in my family? What was my purpose?

In what ways were my needs met?

Am I able to rely on others? Too much or not at all?

What has been left unsaid?

How was I nurtured when I was sick as a child?

What did I learn to equate with love? Absence, power, fear?

What kind of love did I learn I deserved?

How old do I feel? What did I need at that age?

What did I learn about having emotional needs? Was I allowed to?

What do my emotions ask of me? Anger, sadness? How can I respond?

What messages did I receive about being myself?

What did I trade for acceptance?

Why was I taught not to be myself?

What was I conditioned to believe I lack? Is this true?

How was I neglected? Emotionally, physically? How can I honour what wasn't?

How much of myself do I give away?

How can I create space for creativity?

Was there space for me to play and imagine without structure or fear?

Was I considered special or important? At what cost?

When have I experienced unconditional love?

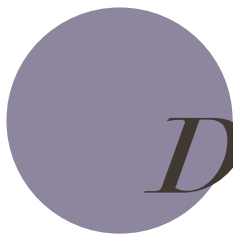


Corrective Experiences

We are relational beings so when we are hurt in relationship, to protect our need for attachment, we instinctively believe there is something wrong with our Selves.

Invest in relationships with unconditional acceptance and intentionally build evidence of corrective, safely attached relationships. If you don't have natural supports that offer unconditional acceptance, professional supports can be a stand-in while you develop safely attached relationships.

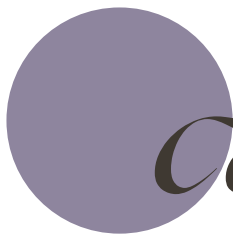
The Inquiry	The Response
<i>How do you know when someone is safe for you?</i>	<ol style="list-style-type: none">1.2.3.4.5.
<i>How do you feel about relying on others for attachment?</i>	<ol style="list-style-type: none">1.2.3.4.5.
<i>When have you experienced unconditional love and acceptance?</i>	<ol style="list-style-type: none">1.2.3.4.5.



Developmental Needs

Our unmet childhood needs don't disappear the moment we become an adult {when exactly does that happen, anyway?} Our psyche finds creative ways to meet those unmet childhood needs. Women with daddy issues? No - unmet childhood needs being met as an adult. Our developmental needs can have us behave in ways that are appropriate for our past selves. A middle age person can throw a tantrum fit for a toddler because their chronological age has no bearing on their unmet developmental needs. This is the difference between chronological and developmental ages. People learn they can only get their needs met in crisis, don't believe they can have needs, ask for them or expect to have needs met.

Age	Developmental Need
5	<i>Safe, protected by trusted others. Imaginative play that centres exploration and fun. Need to feel cared for, important.</i>



Compassionate Play

When children are parentified or pressured to perform, they miss the point of being a child: to play. Play is children's primary language, how they learn and interact with the world, how they develop neural connections and experience life. Creating space to engage in retroactive compassionate play teaches your Inner Child they are worthy of existing, of taking up Space, that their needs matter.

Imagination

- What is your relationship to creativity? Is it natural or forced?

- When do you have the most insight?

Play

- What was your favourite game or pastime as a child?

- What messages did you receive about play? Inclusion?

Compassion

- Did you learn to view yourself as a person? Or as a tool? An object?

- What did you need to hear when you were younger?

Joy

- When do you recall joy as a child? How do you know it was joy?

- When was the last time you felt pure, unbridled joy? What was it like? Where you did you feel it?



Creating Space

Inner Child work is often reduced to imagination and play, requiring only compassion & the inner child does. But children are also petulant, entitled and self-focused because they should be. Children need to be self-focused and entitled to ensure their survival. Integrating Inner Child work requires creating space for petulance, for entitlement and to be selfish.

What % of your time are you feeling:

Guilty%



Insecure%



Self-focused%



What criticisms did you receive as a child? Of too-much or not-enough? Were you often shushed or told to sit still?

What did you learn about independence? About relying on others? Was there space for you to ask for your needs?

Recall times in your life when you experienced:

Betrayal _____

Feels like _____

Neglect _____

Feels like _____

Rejection _____

Feels like _____

Notes

Reparenting the Self

Becoming your own attachment figure to {re}parent your Inner Child requires balancing freedom and responsibility. Create space for your Inner Child to run wild and free; also, create boundaries to ensure safe passage across the proverbial street. Watch your Inner Child grow, coming through different developmental milestones [newborn | toddler | child | adolescent] and adjust your {re}parenting accordingly. While we can never return to who we would have been if you never had attachment wounds, we can create opportunity for corrective experiences. You shouldn't have to become your own attachment figure and also it can be freeing. Both can be true.

Affirmations

I do not need to earn love

Love is freely given to me

I fully accept myself as I am

I have the infinite power of goodness within me

I love all parts of me

I am worthy of good things

I define my own worth

I am allowed to take up space

I am kind to myself

I am kind to my inner child

I can listen to myself

I can listen to my inner child

I can ask for what I need

I can expect to have my needs met

I can take things slow

I can rest

Activities

Practice actually parenting your Self. There will always be things your inner Child doesn't want to do, even have a shower. Instead of forcing your Self, stoop down to your Inner Child, hear their feelings & explain the purpose {hygiene is important}. Create an enjoyable experience like we would for a child, with toys, accompaniment, ritual, music and play.

Create space for playfulness. Go to the car wash and watch in wide-eyed wonder. Stare at clouds as they pass by. Watch childhood movies. Eat your favourite childhood foods. Dance in the living room.

“

Recognizing the difference
between power and love is
difficult if we were raised in a
home where power was
disguised as love.

Marion Woodman

Stay Connected



Resources

Other Resources in Inner Child:

- Homecoming
 - John Bradshaw
- Leaving the Fathers House
 - Marion Woodman
- It Didn't Start with You
 - Mark Wolynn

Syconium Resources

Trauma-Informed Shadow Work

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TISW Workshop

TISW Workbook

TISW Course

TISW Program

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