

How to Heal Your Inner Child

QUESTION:

Why does the little girl I once was still shape how I think, feel, and react. How do I finally give her what she needed?

ANSWER:

Your inner child isn't a fantasy or sentimental idea. She is the part of you that still carries the emotions, fears, unmet needs, and unspoken dreams of your earliest years. She shows up in your triggers, in your longing for love, in your fear of abandonment, and in your resistance to trust. Healing your inner child is not about becoming a child again – it's about giving the girl you once were the safety, love, and protection she didn't get at the time, so she stops running your life from the shadows. Here's how to start your inner child's healing process:

1. Meet Her Without Judgement

Begin by picturing your childhood-self when you first remember feeling small, unsafe, or unseen. Notice her expression, her posture, the way she holds herself. This is not a version of you to correct; she is simply to be witnessed. Healing starts with showing up for her as you wish others had. Simply say in your mind, 'I see you. I believe you. I'm here now'.

2. Acknowledge What She Carried

Your inner child may still be holding the weight of adult problems she was never meant to carry – conflict, criticism, neglect, rejection, pressure. Naming these burdens aloud helps you separate your adult self from the child self who lived them. She needed to **survive them**; you now have the power to **release them**.

3. Validate Her Feelings

She doesn't need to hear 'it wasn't that bad' or 'you should be over it by now.' She needs to hear, 'it makes sense you felt that way.' When you validate her feelings, you undo years of emotional dismissal. This simple act rebuilds her trust in you – the trust that says, 'I will never dismiss your reality.'

4. Give Her a Safe Place to Rest

Imagine building a room just for her – warm light, soft blankets, everything she loves. This is where she can rest without fear of harm or abandonment. Any time you feel emotionally overwhelmed, you can visit this place and remind her, 'we are safe now.' Safety is not just a state of mind – it's a commitment you keep to her.

5. Rewrite the Story She Believes

Your inner child might still believe she is unworthy, unlovable, or too much. Healing means showing her,

through action, that those beliefs were never true. Keep your promises to yourself. Choose relationships that honour your boundaries. Show her she belongs, not because she changes to fit in with everybody else, but because she matters, she's lovable, and worthy just as she is.

6. Let Her Play Again

Joy is one of the first things lost in a wounded childhood. Letting her play without outcome, performance, or productivity restores a piece of her spirit. Dance in your kitchen, draw badly, sing off-key, splash in water. These aren't silly things to do; they're validation that she deserved a joy-filled childhood full of play, peace, and contentment.

Affirmation:

I am the safe, protective, loving, and steady presence my inner child has always needed.

Journal Prompts:

1. At what age do I first remember feeling unsafe, unseen, or unloved?
2. What burdens did my younger self carry that were never hers to hold?
3. What did she need to hear that no one ever said?
4. How can I bring more safety and joy to her today?

5. In what ways can I show her I will never abandon her?

Visualisation:

See your younger self standing in a place she knows well. She's carrying a heavy burden, head down, slumped under invisible weight. Walk towards her, slowly and gently. When she looks up, tell her, I'm here for you now. Take the weight from her. Lead her to a safe place you've made just for her. Let her rest while you keep watch. When she wakes promise her you are here to take away her worries, that you will make sure she is cared for and nurtured, that she is safe, protected, and loved. Fulfil your promises to her every day.

Conclusion:

The little girl you once were, is still within you. She's been waiting, not for the world to make it right, but for you to show up. When you love and protect her as fiercely as she deserved all along, you free her to stop simply surviving and allow her to start living.

Final Thought:

The safest place your inner child will ever know is the one you build inside yourself.