



## Inner Child Healing: Rediscover & Reconcile Your 'OWN' Self

Why knowing the concept of the inner child is the road to discovering [inner child healing](#)

Have you ever wondered what causes us to respond in a certain way to specific stimuli? As we get into adulthood, we are forced to be in a controlled environment .and to behave to please and to be in sync with the surrounding

?Is this really happen when we get into adulthood or it all starts from childhood

There would have been hundreds of situations to which we were exposed as .children which forms our opinion about everything in a way or two

Unfortunately not every experience will have a positive impact on our mind and .unknowingly the negative impact imprints in the subconscious mind

.Let's look in detail at how our experience has a say in shaping our opinions



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## **?What causes a wounded inner child**

Imagine a 5-year-old you, wanting to buy so many small little things for yourself and all you got is a no, and parents telling you that can't afford it right now. As you grow the situations might change but few adult sticks to the thought not being able .to afford things at a young age make you still feel incomplete

Not only these but there are also so many thoughts that cling to people that have ,been carried from their childhood like

- I'm not allowed to do what I want •
- I must Obey •
- World is unforgiving •
- I am incapable of doing anything alone •

These words, phrases, and experiences limit you and prevent you from functioning .in several spheres of your life



## What problems are caused by a hurt inner ?child

### Responsible for loneliness

Your inner child is feeling lost, which is the cause of your loneliness. He doesn't have somebody to reassure him that everything will be well or to hug and console him when he is upset

There are a lot of dogmas that can restrict you from interacting with others at the same time. Things like ' **world is bad** ', ' **I can trust only family** ', ' **I can trust** ', ' **no one** ' etc

### Relationship complication

Relationship issues are frequently the result of a wounded inner child. Consider a couple of occasions when you were upset with your partner

Situations frequently have a tendency to rip open old scars and bring back childhood memories of times when we didn't feel valued or were taken seriously

### Reason of Self-hate

**"You're not good enough," "Get out of my way,"** and other similar phrases

?Did you grow up hearing these or other similar phrases

Your inner kid still recalls them clearly, even if you've forgotten about them for a very long time. These kinds of phrases are what still make you feel worthless in today's society

Understanding what caused your parents to harm you so deeply and realizing that it was not your fault will help you to overcome your self-hatred

### Non-forgiving

You will undoubtedly discover for yourself the reason why your inner child goes



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.toward perfectionism if you take the time to think about it

Punishments for mistakes can be very severe depending on your childhood  
.experiences

You are more likely to take proactive steps to avoid mistakes as an adult if the  
.penalties are severe

### **It spikes fear**

.In maturity, anxiety can appear in a number of ways

You are frequently instructed as a child on what you can and cannot accomplish.  
You hear, "You can't do that yet!" or "You're too young for that!" with each step  
.you take

These statements ingrain themselves in your mind and make sure that even as an  
.adult, you wait for permission and refrain from acting without it

Additional signs of the wounded inner child

- Unhappiness or annoyance •
- .Unmet needs trigger strong reactions •
- Tantrums and other immature behavior, such as expressing things out of  
context •
- Expressing frustration that nobody can understand you or that you don't feel  
heard •
- Expressing your emotions or the source of your annoyance is difficult •
- Negative self-esteem •
- Especially critical internal voice •
- Immaturity •
- Self-defeating behaviors •
- Issues with commitment •
- Having trouble communicating your demands or setting boundaries •



## **?What does healing your inner child mean**

When you start trying to heal your inner child, you mentally and emotionally travel back to that upsetting experience. From an adult's perspective, you can know how your inner kid feels. With that, your mature self can begin to sort through the .coping strategies you built to shield yourself from additional trauma

## **Why it is necessary to accept the wounded ?inner child**

We cause ourselves greater suffering the more we struggle against ourselves. Self-acceptance does not need you to approve of every aspect of yourself, though

You can only begin to improve these limits, if you so choose, once you are aware of them. You can self-soothe by allowing yourself to experience your painful feelings; .this will help you lessen their intensity

Your wounded child will get more at ease as long as they feel more noticed, .welcomed, and understood

## **Things that your inner child needs to hear**

- .You weren't to blame for what happened to you •
- .You weren't to blame for how other people treated you •
- .You deserve to have your needs met •
- .You are not by yourself. I am with you •
- .You deserve to be protected •



## **What to think about when conversing with your inner child**

Being sympathetic will help you convince your inner child that they are not to blame  
.for the harm done to them

Always keep in mind that you are communicating with or writing to a young child  
.and not an adult. Use plain language accordingly

## **Conclusion**

Most people have underlying issues that can be linked to an injured inner child. You  
can anticipate that it will take approximately the same amount of time to mend  
.them because they are frequently formed over years

Have you tried talking to your inner child? If you feel what is there in this article  
reflects a part of you then write to us at [healing.babita@gmail.com](mailto:healing.babita@gmail.com) Please leave  
your comments