

Healing Your Inner Child Through Reparenting



Loving Discipline

The act of discipline comes from a place of *love* not punishment

- I am allowed to say no to the people, places, and things that do not serve me
- I have the right to ask for what I need
- I maintain healthy daily routines & habits
- I keep the promises I make to myself



Cultivating Joy

Rediscover your child-like sense of *wonder*

- I cultivate creativity, spontaneity, imagination, & playfulness in my life
- I can play and explore just because I want to
- I am loveable just as I am, without performing or achieving



Self-Soothing

Self-soothing to *regulate* our stress response in a healthy, flexible, supportive way

- I pay attention to my emotional state & respond to my emotional needs accordingly
- I can feel anyway I need to feel - There is no such thing as right or wrong emotions
- I am safe and I am going to take care of me now



Self-Care

Supporting your needs and valuing your *worth*

- I fill my own cup first, always
- I pay attention to and actively care for my physical, intellectual, emotional, and spiritual needs
- I deserve time to take care of me
- I am worthy of love and care