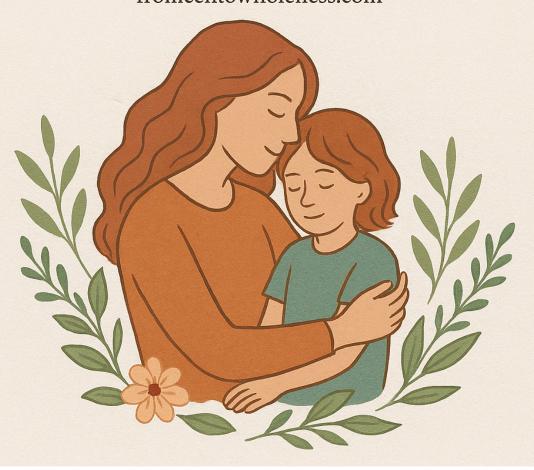
THE NURTURED CHILD TOOLKIT

Journaling Prompts, Self-Soothing Exercises, and Daily Practices for Inner Child Healing

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From CEN to Wholeness fromcentowholeness.com



Welcome

This toolkit is designed to help you connect with the child inside you who longed to be seen, heard, and comforted.

Use these exercises slowly and gently. Even brief practices, repeated consistently, are deeply healing.

Daily Check-In

Purpose: Notice your feelings and recognize your inner child.

Practice:

- 1. Sit comfortably, softening your gaze.
- 2. Ask quietly: "What does my younger self need right now?"
- 3. Notice sensations, memories, or emotions without judgment.
- 4. Write 2–3 sentences about what you notice.

Example Prompt:

•	"This morning, my inner child feels" "I am noticing my younger self wanting	because	"
Day 1:			
Day 2:			
Day 3:			
Day 4:			
Day 5:			
Day 6;			
Day 7:			

Somatic Self-Soothing

Purpose: Signal safety to your body and nervous system.

Techniques:

- **Heart-Hand Connection:** Hand over chest, slow breaths, whisper: "I am here. You are safe. You are seen."
- **Grounding:** Feet on the floor, noticing weight and contact, imagining your younger self supported.
- **Gentle Movement:** Stretching, yoga, walking, rocking while tuning in to your inner child

Example:

• Feeling anxious? Wrap yourself in a soft blanket, breathe deeply, and imagine a comforting hand on your shoulder.

Expressive & Creative Practices

Purpose: Give voice to previously unmet feelings.

Journaling Prompts:

- "When I was small, I wished someone would notice me when..."
- "One thing I wanted to hear from a caregiver was..."
- "If my younger self could ask for comfort today, it would be..."
- "A memory that still makes me ache is..."
- "A moment when I felt unseen but wanted to be held is..."

Creative Alternatives:

•	Draw, color, or build a small sculpture representing your inner child's current feelings
•	Write a short letter to your younger self with compassion and reassurance.

Inner Dialogue & Affirmations

Purpose: Build internal presence, reassurance, and trust.

Practice:

- Speak directly to your inner child: "I see you. I hear you. I am here for you."
- Daily affirmations:
 - o "I am worthy of love and care."
 - o "It is safe to feel and express my needs."
 - o "I can comfort and protect myself."

Examples of Dialogue Prompts:

- "I notice you feel scared. What would help you feel safe right now?"
- "I am here. You are allowed to take up space."
- "Let's breathe together for a few moments."

Relational Practices

Purpose: Practice receiving care and presence externally.

Suggestions & Examples:

- Share small truths or feelings with a trusted friend: "I feel anxious today and could use a moment of listening."
- Attend a support group or therapy session for consistent emotional reflection.
- Practice asking for help: e.g., request a ride, help with groceries, or a brief conversation about feelings.
- Schedule small relational rituals (coffee with a friend, phone check-ins) to create a sense of reliability.

Routine and Consistency

Purpose: Reinforce safety and predictability for the inner child.

Daily or Weekly Practices:

- Morning/evening rituals: journaling, affirmations, or self-soothing
- Weekly reflection: noticing moods, small victories, moments of joy
- Body care: consistent meals, hydration, movement, rest

Prompt: "This week, I showed care for my inner child by"
Week 1:
Week 2:
Week 3:
Week 4:

Final Words

Each step you take, even briefly, re-parents your inner child.

There is no perfect sequence — small, consistent actions matter most.

Over time, your inner child learns that presence, warmth, and care are now available — both from within and from trusted relationships around you.

For more reflections and free resources like this one, visit fromcentowholeness.com