

10 Ways To Heal Your Inner Child

- 1 Acknowledge your inner child
- 2 Hug yourself daily
- 3 Picture a happy childhood moment
- 4 Mirror work
- 5 Practice self-compassion
- 6 Write a letter to your inner child
- 7 Identify your emotional triggers
- 8 Make time for play
- 9 Inner infant meditation
- 10 Continue to educate yourself

Healing Your Child

Lauren Gardner



Healing Your Child:

Delve into the emotional tapestry woven by Crafted by in Experience **Healing Your Child** . This ebook, available for download in a PDF format (PDF Size: *), is more than just words on a page; it's a journey of connection and profound emotion. Immerse yourself in narratives that tug at your heartstrings. Download now to experience the pulse of each page and let your emotions run wild.

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