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Exploring Reparenting (Quick Exercises)

This resource aims to help list various ways to heal your inner child as an adult and try to meet their needs. **This is extremely challenging. It may be beneficial to utilize a therapist to help**, but these steps can help serve as a jumping off point practice these skills on your own. This can be very draining so take your time and implement extra self-care.

Activity: Integrating the internal voice you are developing. Practicing expanding this skill outward by using these general areas as a guide. *Practice often by developing 1-2 ways in which you can take action or be mindful of these areas.* As this becomes more internalized you will build more trust in yourself. Some may feel more difficult than others, be mindful of that and ask yourself why that may be and if you would like to prioritize it more now:

1. Achievement: List all of your accomplishments, skills and qualities to see your value.

_____	_____
_____	_____
_____	_____
_____	_____

2. Emotions: Try influencing your emotions by focusing on certain stimuli/inputs.

What am I feeling? Use a "feeling wheel" to get specific.

○ My breath is:

○ I notice (physical sensations):

○ I feel (emotions):

How can I tend to that part? (Self-soothing/Coping)

- Make space for the specific emotion
- What part of you is activated And needs the loving parents' attention?
- Giving to that part empathy and compassion
- Breathing exercise (Taking a few deep breaths)

● Take a break from the situation.

● Other:

● Other:

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3. Validation: Validate the feelings you have, don't push them away or try to diminish them. What would your inner loving parents voice say?:

ex: "I see how scared you feel and how you need some reassurance that you'll be safe. I won't leave you alone with these feelings. Let's take a breather and it's going to be okay. This is not the same situation. Let's stay here for the moment. What else if anything do you need?"

4. Play: Allow yourself to have fun and learn how to play as if you were young. What opportunities can I create for fun, play, or hobbies?

5. Self-Talk: Practice gentle and compassionate self-talk to help boost confidence and feel comforted. This may include taking accountability for mistakes in a gentle way instead of critically.

What are some self-affirming statements that you wished a parent would say to you?

6. Inner Child: Heal this by focusing on what you should have had back then. What kind of things did you want from your parents and how can you provide that now?

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7. Needs: Try to meet all your needs by getting in touch with yourself and taking action. What are your needs? (Feelings and physical sensations can be insights into these) How can I attend to them?

8. Intuition: Trust your intuition about boundaries and what feels good. What boundaries and limits do you feel you need for yourself, people, or areas of your life?

Reflection:

- Are there other areas that you feel are important not listed? How can you create opportunities for healing there?
