



Inner Child Compassionate Redo

Reparenting through presence.

Step 1: Gentle Awareness

Bring the inner child into awareness without changing anything.

What does the child feel?

- Overwhelmed
- Anxious
- Sad
- Angry
- Unseen
- Unheard
- Shut down
- Other: _____

Optional: Where do you feel this in your body?

Step 2: Validation (Compassion for the Child)

Before understanding anyone else, we honor the child's experience.

Prompt: What was hard for the child in this moment? What were they needing?

Complete the sentence: "**Of course you felt this way. Anyone in your position would have.**"

This tells the nervous system: "My feelings make sense."

Step 3: Contextual Empathy (Compassion for the Other / Situation)

This step helps the child understand: "This wasn't my fault."

Without excusing harm, we name the limitations of the environment.

Prompt: What might the caregiver, adult, or environment have been dealing with? What were they not capable of offering in that moment?

Check any that apply:

- Overwhelmed
- Emotionally unavailable
- Stressed or dysregulated
- Limited by their own wounds
- Lacking tools or support
- Unable to attune or respond
- Other: _____

Complete one or both sentences:

“The people around you were limited, not because of you — but because of their own capacity at the time.”

“It wasn’t that you were too much. The environment wasn’t able to meet your needs.”

This step releases blame and shame from the child’s nervous system.

Step 4: Regulation First (Safety in the Body)

Now that blame has been lifted, we offer felt safety.

Choose one grounding action:

- Slow exhale (longer out-breath)
- Hand on heart or belly
- Gentle pressure or self-hug
- Imagining warmth, light, or a safe place
- Naming: “I am safe right now.”

Prompt: What helps the body feel even 5% safer? Pause for 30–60 seconds.

Step 5: The Compassionate Redo (Reparenting Through Presence)

From who you are today, offer what was missing.

Use this structure:

1. **Name:** “I see you. You felt _____.”
2. **Reassure:** “You didn’t do anything wrong.”
3. **Anchor Safety:** “I’m here now. You’re not alone.”

4. Commitment: "I will stay with you."

You may imagine: Sitting beside the child, Holding their hand, Standing between them and what felt unsafe. This creates a new internal experience — not a new story.

Step 6: Integration & Closing

Let the nervous system know the moment is complete.

Choose one:

- "You don't have to carry this alone anymore."
- "What you needed mattered."
- "You are safe with me now."
- Your own: _____

Take one slow breath.

Summary

This document provides a structured approach to inner child work, guiding you through gentle awareness, validation, contextual empathy, regulation, compassionate re-parenting, and integration.