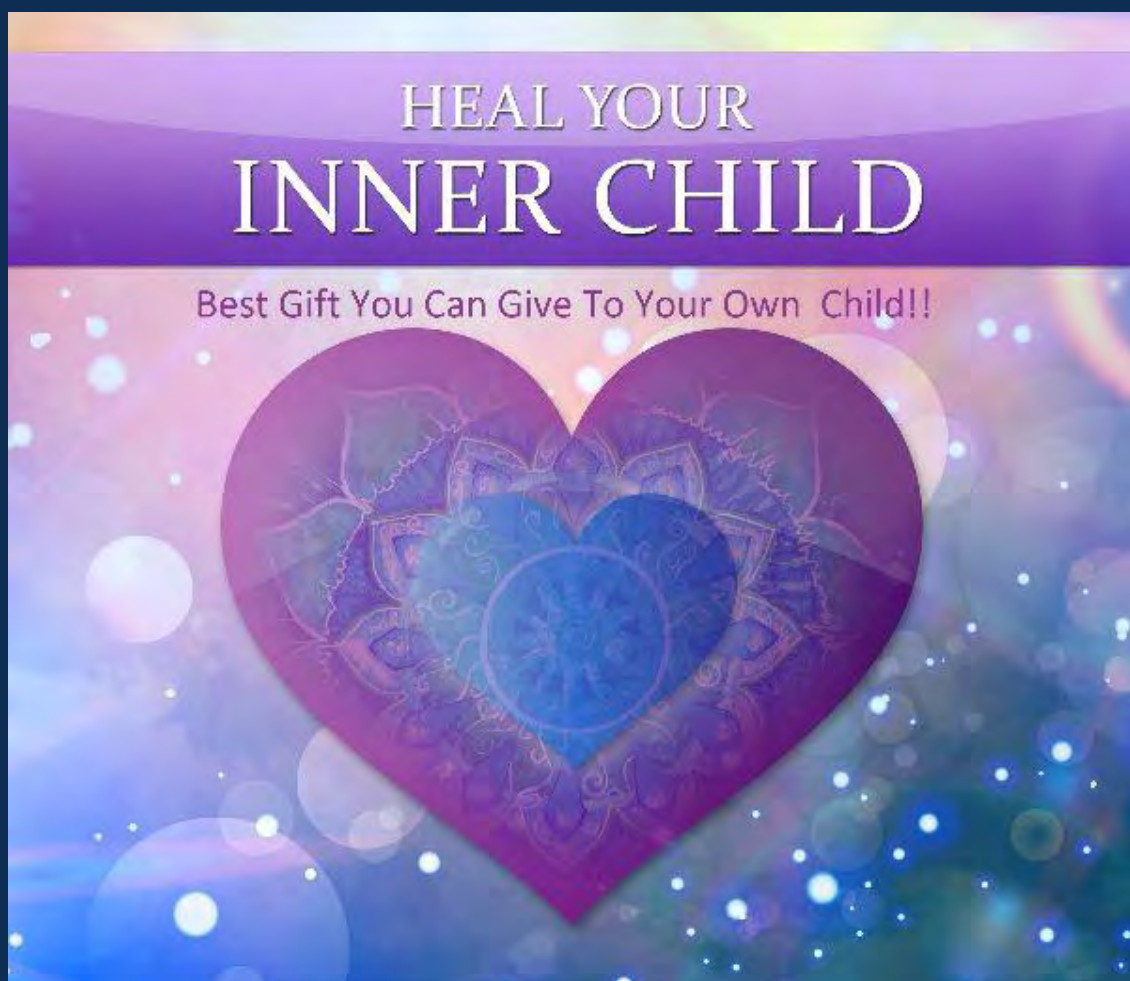


## Healing Your Inner Child - The Best Gift You Can Give To Your Own Child

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### Healing Your Inner Child

Our past impacts our current relationships. If we had experiences of being unconditionally loved for who we are, it is much easier to authentically love our spouse, children, parents, siblings, and friends. However, if we had difficult family relationships, felt unlovable, and doubted our own value, appreciating and loving others can be a challenge--no matter how much we want to. Dr. Lucia Capacchione, author and art therapist said, "***Recovery of your Inner Child is the way to begin anew and to heal your life...Only you can reparent your Inner Child.***"

The good news is that it is never too late to heal the past! Through this process of healing myself, I discovered my passion for working with others as they focus on healing their relationships and their families. Over and over, I am reminded that

healing is a process of being intentional; it begins with becoming more present to ourselves and involves peeling back layer after layer to discover our true self. Being willing to do this rewarding but often challenging work is an essential starting point. This journey of recovering and rediscovering your true God-given self may last the rest of your life as you discover the wounds that need healing, learn to use tools that uncover both the pain and the possibilities, find better ways of connecting with family and friends, and enjoy greater happiness and satisfaction.

It is important to find support as you navigate this process. I am offering a 10 week online small group, using Dr. Capacchione's book, *"Recovery of Your Inner Child--the highly acclaimed method for liberating your inner self."* This small group which begins on Saturday, October 19 can give you support, safety and tools on this journey.

[www.coachmyrna.org/healing-the-inner-child.html](http://www.coachmyrna.org/healing-the-inner-child.html)

Even if you aren't ready for a small group, I recommend *"Recovery of Your Inner Child"* as a resource to guide you through the steps to become aware of who your inner child is. It provides safe, firsthand experiences through a variety of creative art activities that can be done individually or in a group. Dr. Capacchione says, "For us to be fully human, the Child Within must be embraced and expressed. . . . Inside every adult, there is a child crying, 'Let me out.'"

The concept of the Inner Child may be new to you. When asked how we know that our Inner Child is present, Dr. Capacchione answered, "When we have feelings. The Inner Child is the emotional self. It is where our feelings live. When you experience joy, sadness, anger, fear, or affection, your Child Within is coming out."

Limiting beliefs live in our emotions, and they are our mind's way of saving us in dangerous or difficult situations when we were little. When we experienced an emotionally challenging situation as a young child, our mind looked for a way to help and save us. Children can absorb overwhelming emotions without logically understanding them; the limiting belief becomes the interpretation to make sense of it. When we are not aware of the limiting beliefs and painful memories that we hold onto, our ability to nurture and love can be inhibited. The emotions are still

there, trying to get our attention when we feel anxious, stressed, and feeling overwhelmed at work or with our children.

“Experts have estimated that ninety-five percent of the population received inadequate parenting. . . . Almost all of us have some Inner Child healing to do, says Dr. Capacchione. The good news is that there are many tools available to support us in reparenting ourselves. Through our relationship with our child, we can become aware of triggers or issues that are unresolved, but it is important to understand that we are the only ones who can do our own work.

[www.coachmyrna.org/healing-the-inner-child.html](http://www.coachmyrna.org/healing-the-inner-child.html)

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*If you would like to know more about what I offer as a coach, please visit my website: [www.coachmyrna.org/](http://www.coachmyrna.org/)*

*Find out more about creating better connections with Safe Conversations*

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