



Club Bliss

January 2022

### Nurturing the Inner Child

#### Journal Exercise to Recognize the Old Wounds:

Journaling is an INCREDIBLE tool to help you access your subconscious mind! The place inside of you that holds learned behaviour, memories, old habits, traumas etc. Cultivating a journaling practice that feels empowering to you will not only help you feel good in the moment you do your writing but it will significantly impact the way you experience your life! With more joy, love, and confidence! These prompts will help you transform any negative situation into one of meaning, value and hope.

You can use this journal prompt for moments in your life where you may experience old traumas resurface.

1. How would you like to react to this trigger? Write out the rage or sadness. For instance, write out the argument in your head as you would have it "to be right".
2. Who is this voice of being right? This is your protector. Contemplate in your journal why you feel like you need to be protected and right.
3. Write yourself a letter, you can make it more specific to your inner child/protector as your adult resourced self. Let them know that although their way of solving problems is tempting because of habit, you want to feel empowered on your own. You can tell them that you've got this and you don't need protection because you are not in danger.
4. Write out how you could approach this situation, knowing that you are strong and are not something to be broken, and acknowledge the difference in response from prompt #1.

If you have trouble with any of these prompts or are craving further guidance, please always feel free to reach out to me directly at [parisa@parisliving.com](mailto:parisa@parisliving.com)