

Exercise #1: Remember your Childhood

Close your eyes and think back to your childhood. When did you feel sad, when angry? Are there traumatic experiences that shoot into your head? Can you think of sentences that you had to listen to over and over again?

Write down everything that comes to your mind. Go through important people from your childhood one by one.

Exercises that heal your inner child

Exercise #2: Healing Meditation

The benefits of meditation are numerous. During a meditation you learn to listen to yourself and to consciously perceive your feelings and sensations.

If you make your inner child the center of your meditation, you may find it easier to recognize the problems of your younger self. The problem with talking to your inner child is that he or she is often not able to name his or her own feelings and problems. Suppressed emotions also play an important role in the mediation with your wounded inner child.

Visualization meditation in particular can help you to build a deeper relationship with your inner child in order to gradually heal it by simply imagining during the meditation how you are having a conversation with your inner child or comforting him in hurtful situations.

Exercise #3: Let your inner child write a diary

If you did not do this during your childhood, it is high time to catch up on documenting your innermost feelings. Of course, it is a hard task to remember things you experienced 10, 20 or 30 years ago. Maybe at your next family reunion you will bring your childhood into play and try to reconstruct one or the other experience from old stories and photos.

Similar to writing a letter to yourself, write down how you felt in certain situations. Write down all the memories that you associate with certain events. Switch off your inner adult for a moment and let everything that comes to your mind flow freely onto the paper.

Exercise #4: Look at childhood pictures

The family album also offers plenty of material to heal your inner child. Look at pictures of yourself and try to remember the situation in which this picture was taken.

Were you happy or sad? Angry or completely carefree?

Keep photos that evoke particularly strong memories in a clearly visible way to remind yourself of your inner child in everyday life.

Exercise #5: Strengthen your inner child

Bring back childhood memories!

As we enter adulthood, we often forget everything that we enjoyed as children: Jumping in puddles, playing board games, ordering a waffle ice cream, playing with other children and above all: a lot of laughter.

If you manage to regain some of this light-heartedness, you will not only strengthen your inner child, you will also contribute to your emotional health. So: Do something childlike again! Don't care what other adults think.

Exercise #6: Practice self-love

Take care of your inner child as if it were your own. Do all the things you wished your parents would have done.

No matter how you ultimately connect with your inner child, you should give him positive affirmations regularly. These can be short sentences like: "You are safe with me" or "I will take care of you".

Think about what you would have liked to hear from someone as a child and be that person yourself. Go with your inner child to places where it was never allowed to go and fulfill their wishes.

Exercise #7: Work on your problems

You cannot expect that working with your inner child alone will be enough to solve all your problems.

When talking to your child, you can primarily bring the suppressed feelings to the surface and remove your own guilt.

If you have never learned to maintain a relationship because of your inner child, you should learn it. If you have developed an anxiety disorder, you have no choice but to tackle it with professional help. With the exercises mentioned here, you empower your inner adult to take just these steps.

Heal your inner child: Accept help from others

On your journey to a healed inner child you should not shy away from going to a therapist. Deep-seated wounds are often not easily healed and a therapist has the tools and techniques to help you.

Even if your environment might see it differently, it is not a sign of weakness if you seek help.