

DAY 23 - INNER CHILD PSYCHOLOGY WORKBOOK

दिन 23 - आंतरिक बाल मनोविज्ञान कार्यपुस्तिका

Understanding, Connecting & Healing

समझना, जुड़ना और उपचार करना

Student Name / छात्र का नाम: _____

Date / दिनांक: _____

SECTION 1 & 2: DAY 22 REVIEW और INNER CHILD को समझना

दिन 22 समीक्षा

Key concepts from yesterday:

SAMSKARA = _____

VASANA = _____

The cycle: Experience → Samskara → Vasana → Action → Reinforces

Most Samskaras formed in: _____

UNDERSTANDING THE INNER CHILD

आंतरिक बाल को समझना

DEFINITION परिभाषा

INNER CHILD = _____

The inner child is:

- NOT just a memory - it's a _____ part of psyche
- NOT one child - there are children of _____ ages
- NOT imagination - it's a _____ psychological structure
- NOT childish - understanding it is adult _____

WHAT THE INNER CHILD HOLDS

आंतरिक बाल क्या रखता है

POSITIVE ASPECTS:

WOUNDED ASPECTS:

WHY THE INNER CHILD MATTERS

आंतरिक बाल क्यों महत्वपूर्ण है

Four reasons:

1. It holds your _____
2. It drives _____ behavior
3. It seeks _____
4. It holds your _____ self

SECTION 3: HOW CHILDHOOD WOUNDS FORM

बचपन के घाव कैसे बनते हैं

WOUND FORMATION घाव बनना

A wound forms when:

1. A child's legitimate _____ is not met
2. A child experiences _____
3. A child makes a _____ about self/world/others

CHILDHOOD NEEDS बचपन की जरूरतें

List the four types of needs:

PHYSICAL NEEDS:

- _____
- _____

EMOTIONAL NEEDS:

- _____
- _____

PSYCHOLOGICAL NEEDS:

- _____
- _____

DEVELOPMENTAL NEEDS:

- _____
- _____

TYPES OF TRAUMA आघात के प्रकार

BIG "T" TRAUMA examples:

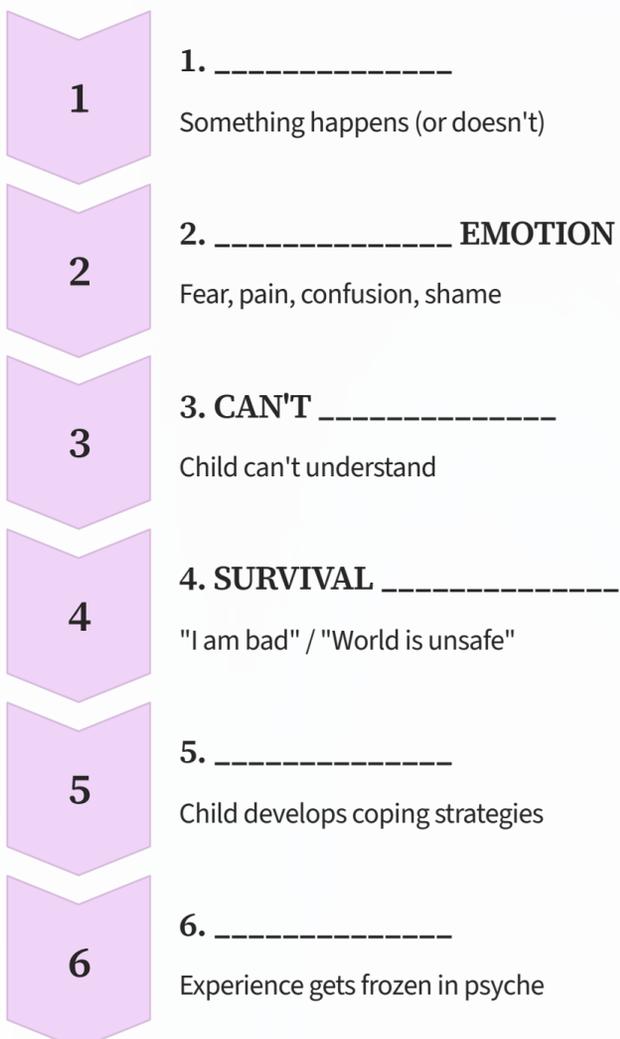
small "t" TRAUMA examples:

IMPORTANT: What matters is how the _____ experienced it.

THE WOUND FORMATION PROCESS

घाव बनने की प्रक्रिया

Fill in the six steps:



SECTION 4: DEVELOPMENTAL STAGES

विकासात्मक चरण

THE SEVEN STAGES सात चरण

Fill in the core question for each stage:

01

STAGE 1 (Birth - 6 months): EXISTENCE

Core question: "Am I safe to
_____?"

*Wound: Existential anxiety, feeling I
shouldn't be here*

02

STAGE 2 (6-18 months): NEEDS

Core question: "Are my _____
okay?"

*Wound: Believing needs are bad or too
much*

03

STAGE 3 (18 months - 3 years): AUTONOMY

Core question: "Can I be
_____?"

Wound: Compliance OR defiance, shame

04

STAGE 4 (3-6 years): IDENTITY

Core question: "Can I be
_____?"

*Wound: Not knowing who I am,
performing for others*

05

STAGE 5 (6-12 years): COMPETENCE

Core question: "Can I _____
and succeed?"

*Wound: Feeling incapable, perfectionism
OR giving up*

06

STAGE 6 (12-18 years): SEPARATION

Core question: "Can I be separate AND
_____?"

*Wound: Codependency, losing self in
relationships*

07

STAGE 7 (18+ years): INTEGRATION

Core question: "Am I a _____ adult?"

Wound: Avoiding responsibility, commitment issues

MY DEVELOPMENTAL WOUNDS

मेरे विकासात्मक घाव

Which stages resonate for me? (Check all that apply)

- Stage 1: Existence - I sometimes feel I shouldn't be here
- Stage 2: Needs - I struggle to ask for what I need
- Stage 3: Autonomy - I either comply too much or rebel
- Stage 4: Identity - I don't really know who I am
- Stage 5: Competence - I feel like I'm not good enough
- Stage 6: Separation - I lose myself in relationships
- Stage 7: Integration - I avoid adult responsibility

The stage that affects me most: _____

Why I think this: _____

SECTION 5: HEALING APPROACHES

उपचार दृष्टिकोण

PRINCIPLES OF HEALING उपचार के सिद्धांत

Five principles:

1.

The child needs your _____

2.

YOU are the _____ they needed

3.

_____ first

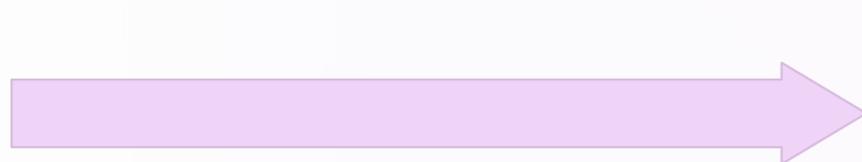
4.

_____ is healing

5.

It's never too _____

THE FOUR PHASES चार चरण



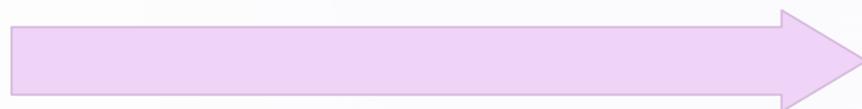
PHASE 1: _____

- Acknowledging the child exists
- Beginning communication



PHASE 2: _____

- Seeing what happened
- "I see you. What happened was real."



PHASE 3: _____

- Providing what was missing
- "I'm here now. I won't leave you."



PHASE 4: _____

- Bringing child "home" into adult self
- Ongoing relationship

HEALING METHODS उपचार के तरीके

List seven methods:

1. _____ - Guided imagery
2. _____ - Writing conversations
3. _____ - Adult to child, child to adult
4. _____ - Looking at childhood pictures
5. _____ - Reiki, somatic release
6. _____ - Drawing, coloring, playing
7. _____ - Speaking to child directly

SECTION 6: INNER CHILD MEDITATION EXPERIENCE

आंतरिक बाल ध्यान अनुभव

Record your experience after the meditation:

WHAT I OBSERVED मैंने क्या देखा

The age of my inner child: _____

What they looked like: _____

What they were wearing: _____

Where I found them: _____

HOW THEY SEEMED वे कैसे दिखे

Their emotional state: (Circle all that apply)

Scared Sad Angry Lonely Distant Hiding

Cautious Hopeful Happy Playful Other: _____

Their body language:

THE CONNECTION जुड़ाव

How did they respond to me?

Did they let me close? Yes No Somewhat

What did I say to them?

What did I feel toward them?

WHAT THEY MIGHT NEED उन्हें क्या चाहिए

What do I sense my inner child needs most?

What words would they most need to hear?

SECTION 7: CHILDHOOD REFLECTION

बचपन प्रतिबिंब

MY CHILDHOOD मेरा बचपन

What I remember about my childhood:

What was good about my childhood:

What was difficult about my childhood:

WHAT I NEEDED मुझे क्या चाहिए था

What I needed that I didn't fully receive:

How old was I when I first felt "something was wrong"?

What did I conclude about myself?

THE IMPACT TODAY आज पर प्रभाव

How does this show up in my adult life?

How old do I feel when I'm triggered or upset?

SECTION 8: CLIENT APPLICATION

ग्राहक अनुप्रयोग

SIGNS INNER CHILD WORK IS NEEDED

संकेत कि आंतरिक बाल कार्य की जरूरत है

EMOTIONAL SIGNS:

- _____
- _____

BEHAVIORAL SIGNS:

- _____
- _____

ASSESSMENT QUESTIONS to ask clients:

AGE-SPECIFIC WORK आयु-विशिष्ट कार्य

How to work with different ages:

VERY YOUNG (0-3 years):

- Less _____, more somatic
- Physical safety, _____
- Simple _____

CHILDHOOD (3-12 years):

- Can use _____
- _____ language
- _____ and art helpful

ADOLESCENT (12-18 years):

- More _____ conversation
- _____ work
- Respect _____

BUILDING TRUST विश्वास बनाना

The wounded child may be:

Hiding Angry Terrified Distrustful

Build trust by being:

1. _____ - Show up regularly
2. _____ - Don't rush
3. _____ - Don't over-promise
4. _____ - Maintain boundaries
5. _____ - Believe their experience

CREATING SAFE SPACE सुरक्षित स्थान बनाना

PHYSICAL SAFETY:

- _____

EMOTIONAL SAFETY:

- _____

PSYCHOLOGICAL SAFETY:

- _____

PRACTITIONER SAFETY:

- Do your _____ inner child work first

SECTION 9 & 10: LETTER WRITING

पत्र लेखन

LETTER TO MY INNER CHILD

मेरे आंतरिक बाल को पत्र

Write a letter from your adult self to your inner child:

Dear Little One,

With love,

Your Adult Self

LETTER FROM MY INNER CHILD

मेरे आंतरिक बाल से पत्र

Now write a letter FROM your inner child to your adult self. (Use your non-dominant hand if you want to connect more deeply)

Dear Big Me,

From,

Little _____ (your name)

SECTION 11: DAILY INNER CHILD PRACTICE

दैनिक आंतरिक बाल अभ्यास

Daily check-in practice (5 minutes):

MORNING:

"Good morning, little one. How are you feeling today?
What do you need from me?"

Listen for the response.

EVENING:

"How was your day? Is there anything you want to tell
me? I love you. I'm here."

TRACK YOUR PRACTICE:

Day	Did I check in?	What my child needed	How I responded
1	<input type="checkbox"/> Yes <input type="checkbox"/> No		
2	<input type="checkbox"/> Yes <input type="checkbox"/> No		
3	<input type="checkbox"/> Yes <input type="checkbox"/> No		
4	<input type="checkbox"/> Yes <input type="checkbox"/> No		
5	<input type="checkbox"/> Yes <input type="checkbox"/> No		
6	<input type="checkbox"/> Yes <input type="checkbox"/> No		
7	<input type="checkbox"/> Yes <input type="checkbox"/> No		

SECTION 12: HOMEWORK ASSIGNMENTS

गृहकार्य असाइनमेंट

- **ASSIGNMENT 1:** Daily Inner Child Check-In
5 minutes morning and evening
Use the practice tracker above
- **ASSIGNMENT 2:** Letter Writing
Complete both letters in Sections 9 and 10
- **ASSIGNMENT 3:** Childhood Photo (Optional)
Find a photo of yourself as a child
Spend 10 minutes looking at it with love
Speak words of comfort to that child
- **ASSIGNMENT 4:** Complete Workbook
Fill in all sections completely
Reflect on your developmental stages
- **ASSIGNMENT 5:** Prepare for Tomorrow
Think about:
What would full healing look like?
What would you want for your inner child?