

# DAY 26 STUDENT WORKBOOK

## HEALING CHILDHOOD WOUNDS

बचपन के घावों को ठीक करना



Inner Zen Wellness - Level 1

Student Workbook | छात्र कार्यपुस्तिका

Exercises & Reflections

# INSTRUCTIONS | निर्देश

This workbook is your personal healing tool. Take your time with each exercise. There are no right or wrong answers - only your truth. Be gentle with yourself as you do this work.

यह कार्यपुस्तिका आपका व्यक्तिगत चिकित्सा उपकरण है। प्रत्येक अभ्यास के साथ अपना समय लें। कोई सही या गलत उत्तर नहीं हैं - केवल आपकी सच्चाई। जैसे ही आप यह काम करते हैं अपने साथ कोमल रहें।

 **Materials Needed:** Pen, tissues, quiet space, courage

# EXERCISE 1: WOUND IDENTIFICATION MAP

## Part A: Developmental Timeline

Create a visual timeline of your childhood, marking significant wounds or difficult experiences at each stage.

**Instructions:** For each age range, note any painful memories, losses, traumas, or unmet needs. Don't overthink - write what comes.

01

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### AGES 0-2 (PRIMAL STAGE)

**Significant events or patterns:**

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**What I needed but didn't receive:**

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02

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### AGES 2-4 (AUTONOMY STAGE)

**Significant events or patterns:**

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**What I needed but didn't receive:**

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03

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### AGES 4-6 (INITIATIVE STAGE)

**Significant events or patterns:**

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**What I needed but didn't receive:**

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04

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### AGES 6-12 (COMPETENCE STAGE)

**Significant events or patterns:**

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**What I needed but didn't receive:**

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05

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### AGES 12-18 (IDENTITY STAGE)

**Significant events or patterns:**

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**What I needed but didn't receive:**

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# Part B: Primary Wound Identification

## 1. Based on your timeline, which age range has the most significant wounds?

Age Range: \_\_\_\_\_

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## 2. Which category does this correspond to?

- Primal Wounds (0-2) - Safety, Trust, Bonding
  - Autonomy Wounds (2-4) - Exploration, Boundaries
  - Initiative Wounds (4-6) - Expression, Creativity
  - Competence Wounds (6-12) - Achievement, Belonging
  - Identity Wounds (12-18) - Self-Discovery, Independence
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## 3. Describe your primary wound in detail:

### What happened:

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### How it made you feel:

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### What you needed but didn't get:

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### Who was involved:

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# Part C: Adult Manifestations

## 4. How does this wound show up in your adult life TODAY?

Check all that apply, then describe:

### In Relationships:

- Difficulty trusting
- Fear of abandonment
- Boundary issues
- People-pleasing
- Avoidance of intimacy
- Other: \_\_\_\_\_

#### Describe:

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### In Work/Achievement:

- Perfectionism
- Imposter syndrome
- Fear of failure
- Overachievement
- Procrastination
- Other: \_\_\_\_\_

#### Describe:

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### In Self-Perception:

- Shame about self
- Harsh self-criticism
- Feeling "not enough"
- Feeling "too much"
- Identity confusion
- Other: \_\_\_\_\_

#### Describe:

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### In Emotional Life:

- Difficulty feeling emotions
- Overwhelmed by emotions
- Depression
- Anxiety
- Anger issues
- Other: \_\_\_\_\_

#### Describe:

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# EXERCISE 2: TWO-CHAIR DIALOGUE PRACTICE



This exercise facilitates direct communication between your adult self and your inner child.

**Setup:** You'll need two chairs or cushions. Set them facing each other.

## Instructions:



### ROUND 1: Adult to Child

Sit in the "adult" chair. Speak to your inner child (visualized in the other chair). Write what you say:



### ROUND 2: Child to Adult

Move to the "child" chair. Let your inner child respond. Write with your non-dominant hand if possible (this accesses different brain pathways):



### ROUND 3: Adult Response

Return to "adult" chair. Respond to what the child said. What can you give them?

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## I say to my inner child:

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## My inner child says to me:

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## I respond:

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## REFLECTION:

**What was this experience like for you?**

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**What surprised you?**

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**What did you learn about your inner child's needs?**

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# EXERCISE 3: REPARENTING PLAN

Based on your identified wound, create a specific reparenting plan.

## Part A: What Was Missing

### 1. What specific need was not met in childhood?

*Examples: Physical affection, emotional validation, safety, freedom to explore, encouragement, protection, acceptance*

**My unmet need:**

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### 2. What would meeting that need have looked like?

Be specific. Example: "Daily hugs, being told 'I love you,' physical comfort when upset"

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# Part B: How to Provide It Now

## 3. How can you, as the adult, meet this need for your inner child NOW?

Be creative and specific:

### Daily Actions:

(What small things can you do each day?)

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### Weekly Practices:

(What bigger gestures weekly?)

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### Affirmations:

(What does your inner child need to hear?)

1.  
" \_\_\_\_\_ "  
\_\_\_\_\_ "

2.  
" \_\_\_\_\_ "  
\_\_\_\_\_ "

3.  
" \_\_\_\_\_ "  
\_\_\_\_\_ "

### Physical Actions:

(Touch, movement, comfort)

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### Boundaries:

(What boundaries protect your inner child?)

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## Part C: Commitment

### 4. I commit to reparenting my inner child by:

(Choose 3 specific actions you'll take THIS WEEK)

1. \_\_\_\_\_  
\_\_\_\_\_

2. \_\_\_\_\_  
\_\_\_\_\_

3. \_\_\_\_\_  
\_\_\_\_\_

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My signature of commitment: \_\_\_\_\_ Date: \_\_\_\_\_

# EXERCISE 4: EMOTIONAL RELEASE PREPARATION

Before doing emotional release work, assess your readiness and resources.

## Part A: Safety Assessment

Rate each statement 1-10 (1=not at all, 10=completely)

- I feel safe in my current environment: \_\_\_\_\_
- I can tolerate moderate emotional distress: \_\_\_\_\_
- I have support available if needed: \_\_\_\_\_
- I trust myself to stop if overwhelmed: \_\_\_\_\_
- I can distinguish past from present: \_\_\_\_\_
- I have grounding techniques I can use: \_\_\_\_\_

TOTAL SCORE: \_\_\_\_/60

### Interpretation:

- 45-60: Ready for emotional release work
- 30-44: Build more resources first
- Below 30: Focus on safety and stabilization before trauma work

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## Part B: Grounding Resources

List 5 grounding techniques you can use if overwhelmed:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

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Who can you call for support if needed?

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

# Part C: Titrated Release Practice Log

Use this log to track emotional release practice. Work in small doses!

1

## Session 1

Date: \_\_\_\_\_ Duration: \_\_\_\_\_

\_\_\_\_\_

Emotion worked with:

\_\_\_\_\_

\_\_\_\_\_

Starting intensity (1-10): \_\_\_\_\_

Ending intensity (1-10): \_\_\_\_\_

What came up:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Grounding technique used:

\_\_\_\_\_

\_\_\_\_\_

How I feel after:

\_\_\_\_\_

\_\_\_\_\_

2

## Session 2

Date: \_\_\_\_\_ Duration: \_\_\_\_\_

\_\_\_\_\_

Emotion worked with:

\_\_\_\_\_

\_\_\_\_\_

Starting intensity (1-10): \_\_\_\_\_

Ending intensity (1-10): \_\_\_\_\_

What came up:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Grounding technique used:

\_\_\_\_\_

\_\_\_\_\_

How I feel after:

\_\_\_\_\_

\_\_\_\_\_

3

## Session 3

Date: \_\_\_\_\_ Duration: \_\_\_\_\_

\_\_\_\_\_

Emotion worked with:

\_\_\_\_\_

\_\_\_\_\_

Starting intensity (1-10): \_\_\_\_\_

Ending intensity (1-10): \_\_\_\_\_

What came up:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Grounding technique used:

\_\_\_\_\_

\_\_\_\_\_

How I feel after:

\_\_\_\_\_

\_\_\_\_\_

# EXERCISE 5: THE GOLDEN WOUND MEDITATION JOURNAL



Practice the Golden Wound Meditation daily for one week, working with the SAME wound. Track your experience.

**My chosen wound for this week:**

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## DAY 1

**Date:** \_\_\_\_\_

**Visualization experience:**

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**Insights received:**

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## DAY 5

**Date:** \_\_\_\_\_

**Visualization experience:**

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**Insights received:**

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## DAY 2

**Date:** \_\_\_\_\_

**Visualization experience:**

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**Insights received:**

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## DAY 6

**Date:** \_\_\_\_\_

**Visualization experience:**

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**Insights received:**

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## DAY 3

**Date:** \_\_\_\_\_

**Visualization experience:**

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**Insights received:**

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## DAY 7

**Date:** \_\_\_\_\_

**Visualization experience:**

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**Insights received:**

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## DAY 4

**Date:** \_\_\_\_\_

**Visualization experience:**

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**Insights received:**

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## WEEKLY REFLECTION:

**How has this wound transformed over the week?**

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**What wisdom has emerged from this wound?**

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**How is the "gold" showing up?**

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# EXERCISE 6: WOUND TO WISDOM TRANSFORMATION

Extract the gifts and wisdom from your wound.

## 1. What strength did you develop BECAUSE of this wound?

*Example: "Because I was abandoned, I learned self-reliance"*

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## 2. What does this wound make you more compassionate toward?

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## 3. How has this wound served you?

(Even painful experiences can serve us. Be honest.)

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## 4. What are you ready to release now?

(The pain you no longer need to carry)

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## 5. What wisdom do you carry forward?

(The lesson without the suffering)

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## 6. Complete this sentence:

"My wound of \_\_\_\_\_ has taught me that \_\_\_\_\_

\_\_\_\_\_

and I am now ready to \_\_\_\_\_

\_\_\_\_\_."

# EXERCISE 7: DAILY REPARENTING CHECK-IN

Use this simple practice EVERY morning for the next 30 days.

 **Upon waking, ask your inner child:**

"How are you feeling today?" \_\_\_\_\_

"What do you need from me today?" \_\_\_\_\_

**Then PROVIDE what they need before starting your day.**

**What I'm giving my inner child today:**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## WEEKLY TRACKING:

Track for one week to build the habit:

Day	Child needed:	I provided:
Monday	_____ _____	_____ _____
Tuesday	_____ _____	_____ _____
Wednesday	_____ _____	_____ _____
Thursday	_____ _____	_____ _____
Friday	_____ _____	_____ _____
Saturday	_____ _____	_____ _____
Sunday	_____ _____	_____ _____

# SELF-ASSESSMENT | आत्म-मूल्यांकन

Rate your understanding and ability to apply today's learning (1-10):

- Understanding of age-specific wounds: \_\_\_\_\_
- Ability to identify my primary wound: \_\_\_\_\_
- Understanding of reparenting concept: \_\_\_\_\_
- Skill with two-chair dialogue: \_\_\_\_\_
- Comfort with emotional release: \_\_\_\_\_
- Ability to practice titrated release safely: \_\_\_\_\_
- Confidence in healing my wound: \_\_\_\_\_
- (For practitioners) Ability to guide clients: \_\_\_\_\_

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**Areas where I need more practice or support:**

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**My biggest breakthrough today:**

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**My commitment moving forward:**

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# CLOSING REFLECTION



Complete these sentences:

The wound I'm healing is:

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The gold I'm filling it with is:

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This wound is becoming:

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I am ready to:

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My promise to my inner child:

"Dear little \_\_\_\_\_,

I promise you \_\_\_\_\_

\_\_\_\_\_

I will be the adult you needed by \_\_\_\_\_

\_\_\_\_\_

You are safe with me because \_\_\_\_\_

\_\_\_\_\_

I love you.

Signed, \_\_\_\_\_"

## END OF STUDENT WORKBOOK



**Congratulations on this profound healing work.**

**Your wounds are becoming your wisdom.**

**Your cracks are filling with gold.**

आपके घाव आपकी बुद्धि बन रहे हैं।

आपकी दरारें सोने से भर रही हैं।