

STUDENT WORKBOOK छात्र कार्यपुस्तिका

Inner Zen Wellness - Level 1

Day 25 - Practical Session दिन 25 - व्यावहारिक सत्र

Meeting the Inner Child

आंतरिक बाल से मिलना

Exercises & Reflections अभ्यास और चिंतन

Instructions | निर्देश

This workbook is your personal space for processing and integrating your experience of meeting your inner child. Take your time with each exercise. There are no right or wrong answers - only your authentic experience matters.

यह कार्यपुस्तिका आपके आंतरिक बाल से मिलने के अनुभव को प्रोसेस और एकीकृत करने के लिए आपका व्यक्तिगत स्थान है। प्रत्येक अभ्यास के साथ अपना समय लें। कोई सही या गलत उत्तर नहीं हैं - केवल आपका प्रामाणिक अनुभव मायने रखता है।

 **Materials Needed:** Pen, tissues, quiet space, and an open heart.

Exercise 1: Pre-Meeting Reflection | पूर्व-मुलाकात चिंतन

Complete this **BEFORE** the guided meditation.

1. What emotions are you feeling right now as you prepare to meet your inner child?

2. What are you hoping for from this experience?

3. What are you afraid might happen?

4. What message would you like to send to your inner child before meeting them?

Exercise 2: The Meeting Experience | मुलाकात का अनुभव

Complete this IMMEDIATELY AFTER the guided meditation.

Part A: What Did You Experience?

1. Did your inner child appear? (Check one)

- Yes, clearly
- Yes, but faintly
- I sensed a presence but didn't see them
- No, not this time

If your child didn't appear, skip to Part C. If they did appear, continue below.

2. How old did your inner child appear to be?

3. Describe what the child looked like (clothing, hair, physical appearance):

4. What was the child's body language? (Check all that apply)

- Hiding or withdrawn
- Standing at a distance
- Approaching cautiously
- Open and receptive
- Frozen or still
- Defensive or protective
- Other: _____

5. What emotion(s) did you see or sense in the child? (Check all that apply)

- Sadness
- Fear
- Anger
- Loneliness
- Confusion
- Numbness
- Hope
- Joy
- Other: _____

Part B: The Communication

6. Did the child communicate with you?

- Yes, with words
- Yes, with feelings/sensations
- Yes, with gestures or body language
- No communication yet

7. If they communicated, what did they say or express?

8. What did the child seem to need most? (Check top 3)

- Safety and protection
- To be seen and acknowledged
- Comfort and soothing
- Permission to feel emotions
- To be heard and listened to
- Unconditional love
- Permission to be themselves
- Validation of their experience
- Other: _____

9. What did you offer to the child during this meeting?

Part C: Your Experience as the Adult

10. What emotions arose in YOU (the adult) during this experience?

11. Did any specific memories surface? If so, describe:

12. What surprised you most about this experience?

13. What was most difficult or challenging?

14. On a scale of 1-10, how connected did you feel to your inner child?

1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10

Exercise 3: Deep Reflection | गहन चिंतन

Take time to sit with these deeper questions. Write freely and honestly.

1. How does this inner child show up in your adult life today?

Consider: behaviors, reactions, triggers, patterns, relationship dynamics, self-care habits, etc.

2. What did this child need from their caregivers that they didn't receive?

3. What coping strategies did this child develop to survive?

Example: People-pleasing, perfectionism, withdrawal, overachievement, rebellion, etc.

4. Are these coping strategies still serving you today, or are they now limiting you?

5. What quality or gift did this child have that you may have lost as an adult?

Examples: Creativity, spontaneity, joy, wonder, playfulness, trust, authenticity

Exercise 5: Photo Work | फोटो कार्य

Find a photo of yourself as a child, ideally close to the age your inner child appeared. Place it where you can see it daily.

1. Describe the photo:

2. What do you notice about this child's eyes?

3. What emotion do you see in this child's face?

4. What do you feel when you look at this photo?

5. What would you like to say to this child in the photo?

Exercise 6: Daily Practice Commitment | दैनिक अभ्यास प्रतिबद्धता

Building a relationship with your inner child requires consistent, gentle attention. Make these commitments for the next 7 days.

1. I commit to visiting my inner child in meditation for _____ minutes each day at _____ (time).

2. I will place my childhood photo:

- On my bathroom mirror
- On my desk
- On my bedside table
- Other: _____

3. Each day, I will do one small thing to honor my inner child. Ideas:

- Allow myself to play or be silly for 5 minutes
- Eat a food I loved as a child
- Do a creative activity (coloring, drawing, dancing)
- Spend time in nature
- Say no to something I don't want to do

My specific commitment:

Self-Assessment & Closing Reflections

Self-Assessment | आत्म-मूल्यांकन

Rate your understanding and application of today's learning. Be honest - this helps guide your continued practice.

Skill/Understanding	Rate 1-10
I understand what the inner child represents	_____
I can create a safe space for inner child work	_____
I can use the first contact protocol effectively	_____
I understand how to listen to my inner child	_____
I can identify what my inner child needs	_____
I feel comfortable with emotional releases	_____
(For practitioners) I can safely guide others through this process	_____

Areas where I need more practice or support:

Closing Reflections | समापन चिंतन

Complete this at the end of your practice week.

1. How has your relationship with your inner child developed over the past week?

2. What changes have you noticed in your daily life?

3. What is your commitment moving forward?

Congratulations on this profound inner work!

You have begun a sacred journey of healing and wholeness.