

Beyond Broken- Inner Child

When we have negative experiences as a child, the memories stay with us and are remembered in the cells of our body. These memories repeat themselves and create negative behaviour patterns, limitations, lack of confidence and restrict who we allow ourselves to be in the world.

These experiences create repetitive sub-conscious programming which materializes as negative ways of being which operate unconsciously whether we like them or not, want them or not. They become part of us and we start to believe we are what we 'think' and those thoughts create more of the same programming.

My experience has shown me that, no matter how much work we do on ourselves, there is one particular age that holds on to get our attention/needs our attention before he or she can let go. This final step in moving beyond Broken is taking a journey to heal that particular part of us that has remained broken for a very particular reason

Today we go on a 'special' journey to Your inner child releasing pain and suffering and all that is keeping you separate from your whole self.

My Inner Child is: Age _____

Name Inner Child – wounded – abandoned –
betrayed – unseen – unheard – other _____

Name of Story: _____

How does this make you feel? Name the emotion/s _____

Where did it happen? _____

Where do you feel it in your body?

Discomfort Level: 0-10 Before _____ After _____

How would you prefer to feel? Desired Outcome _____

Alignment with Desired Outcome Before _____ After _____

Does My Inner Child have resistance to change? _____ %

Do I have resistance to change? _____ %

Release Resistance to change

Are there any Root Causes? 1, 2, 3 _____

Root Cause No 1 _____

2 _____

3 _____

Are there any Aspects? 1, 2, 3

Aspect No 1 _____

Aspect No 2 _____

Aspect No 3 _____

Reprogram with Positive emotions and integrate your inner child with present day You!

Today my inner child is _____ and _____ more than before.
We are healed whole and complete and fully integrated in all aspects of ourselves, each other and our life purpose. We are beyond broken – NOW!

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