

Inner Child Reclamation

The idea of becoming your own parent may sound a bit out there at first. But what if inner child work is essential for your emotional healing? By learning to understand the unmet developmental needs you didn't get as a child, you can and will find the ability to connect with yourself and others.

The inner child reflects who we once were in both his or her "negative" and "positive" aspects. Our unmet needs, repressed childhood emotions, as well as our childlike innocence, such as creativity, play and joy are still waiting within us to be reclaimed and alchemized.

What is an Inner Child?

The concept of the "inner child" originates in Jungian therapy. Carl Jung proposed that the "Child" archetype is the first milestone in the process of individuation—or, forming the Self.

Working with your inner child draws on one simple observation: all adults were children at one time. **The children within us don't simply disappear as we grow older, they just need attention, love and acknowledgement.**

Your child self stays with you as a part of your unconscious. It represents your childhood qualities and ways of being. You can think of it as your "sub-personality"—one of the multiple dimensions of being human.

"[I]nner child work is any form of self-discovery that helps you access the child you once were, along with the experiences and emotions that child was taught to repress. The general idea of inner child work is that if you make an effort to contact, listen to, communicate with, and nurture your inner child, you can find and heal the roots of your issues as an adult."

-Harley Therapy Blog



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1

Self-Regulation

Learn how to control one's behavior, emotions, and thoughts in the pursuit for long-term goals.

Emotional self-regulation is the ability to manage disruptive emotions and impulses.

WAYS TO PRACTICE EMOTIONAL SELF-REGULATION

- Take a pause between a feeling and the action and think things through—identify the sensations and emotions in your body and seek to understand what wants/needs are in need at the time.
- Somatic breathing techniques
- Cognitive reframing
- PEW: Purge Emotional Waste. Allow even the icky emotions to be vocalized by writing out what hurts and/or pisses you off! Then after getting it out, tear it up and throw it away—MOVE THAT ENERGY!

2

Joyful Play

Tap into your creativity, imagination, joy, spontaneity, and reclaim that playful wonder within.

WAYS TO REDISCOVER YOUR CHILDLIKE WONDER

- Set a playdate with your inner child
- Engage in activities you enjoyed doing as a child
- Frolic in a field, visit an amusement park, do something artistic, play your favorite sport, etc.
- Play outside like climbing trees, acro yoga, batting cages or doing anything that feels somewhat childish or silly

3

Loving Discipline

Make and keep small promises to yourself, and develop daily routines and habits to follow through.

WAYS TO INCORPORATE LOVING DISCIPLINE

- Evaluate and create boundaries with yourself
- Create small promises to self and follow through
- Practice saying “no” where you used to say “yes.” Realize that over time, your people pleasing can be a form of self-abandonment—a way to fit in. Be willing to let that go!
- Create a daily loving act towards that builds self-trust (i.e. put your phone in airplane mode at 9:00pm every night. Say “no” to one social outing a week so you can spend time in self-care.

4

Self-Care

Learn to identify and care for your physical and emotional wants and needs—especially those that were denied in childhood.

WAYS TO IMPLEMENT DAILY SELF-CARE

- Meditation
- Move your body in ways it feels good
- Spend time in nature
- Eat nourishing food that feel good for your body



The 4 Pillars of Inner Child Reclamation

Through these 4 pillars you will learn to create a safe relationship with yourself and others, understand your emotional needs and boundaries, learn how to respect all parts of yourself with care and compassion, and finally learn how to give your inner child all the things he/she didn't get growing up in order to build self-trust.



With time, effort, and continued guidance, reparenting your inner child can open up new doors in your healing journey. Years of life have passed, yet your inner child still eagerly awaits you to wrap it in the most loving embrace it has ever felt. An embrace that you have the power to create and sustain. It's time to reintroduce yourself to the child within.

For more help on tapping into your Inner Child Reclamation, follow [EpicLuv](#) for more tools, tips and strategies!

Journal Prompts-Inner Child Reflection

1. What didn't you get as a child and you struggle with as an adult?

2. What are some things you wanted a trusted adult to tell you as a child?

3. What feelings do you think your younger self is still holding onto that is calling your attention?

4. Describe any difficulties you may experience from your childhood. For example, having a desperate need for attention, comfort, hate being alone, fear of rejection or abandonment, etc.





Emotional Regulation

Self-Regulation is the ability to understand and manage your behaviors and reactions to emotions and things happening around you. It includes being able to regulate strong reactions to strong emotions like frustration, excitement, anger and impatience. It is the ability to respond to the ongoing demand of experiences with a range of emotions in a manner that is socially tolerable and sufficiently flexible to *permit* spontaneous reactions, as well as the ability to *delay* spontaneous reactions.

How were emotions expressed throughout your childhood? Did you feel safe to express your emotions? Was there yelling, fighting or ignoring of your feelings?

The ways I am open and committed to practice feeling safe in my emotions as an adult are by doing:

Emotions are the language of the soul.

Click [here](#) to learn more about the benefits of Emotional Regulation.



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Joyful Play

The power of joy and play is instrumental for us as adults. Play has shown to stimulate imagination, helping you adapt and solve problems, improve relationships and connection to others. It has also been shown to release endorphins, improve brain functionality, and stimulate creativity. It can even help to keep us young and feeling energetic. Sharing laughter and fun can foster empathy, compassion, trust and intimacy with others.

The benefits of play are far-reaching, but we often give up play as adults for more serious pursuits such as our careers, our relationships, and our families—all of which are valid pursuits. Play for adults is critical in our stressful go-go-go lives. I mean, who wouldn't like to experience more moments of lightness and freedom in our days? Play is so key and yet so often overlooked in adulthood. Fortunately we can easily create a play practice in our lives as there are many different ways to play and many different types of play.

When I was a child, I loved to:

As an adult, I will implement the power of play by doing:

Play is more than just fun!

Click [here](#) to watch a powerful TED Talk by Dr. Stuart Brown.

