

Self-Soothing Journal



A gentle space to calm your thoughts
and reconnect with yourself

INNERKINDER.COM

Welcome

Thank you for downloading the Self-Soothing Journal from InnerKinder. This journal is not about “fixing” yourself. It’s about remembering that you are safe, worthy, and enough — just as you are.

These pages are here for the moments when your thoughts get loud... when your heart feels heavy... when you’re tired of carrying it all alone.

You can return to this journal anytime you need to hear your own voice again — softly, gently, without judgment.

Go slow. Be kind. Breathe deeply.



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About InnerKinder

InnerKinder is a safe space where you can become your best self

It's a space for anyone who feels ready to heal the parts of themselves that were never seen, never heard, never nurtured. The kid inside you - the one who still wonders if they're too much or not enough - deserves kindness. At InnerKinder, we know you have untold inner strength. We're here to walk with you on your journey to recognize unhealthy coping mechanisms, break through toxic patterns and realize your true potential - offering tools, support, and gentle reminders that everything you need is already within you.



To explore more resources and support your journey, visit us anytime at www.innerkinder.com - you're always welcome here.



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Daily Check In

Today I feel...

This feeling might be trying to tell me...

I want to be kind to myself today by...

A soft reminder I want to carry with me...

Soften the Thought

An unkind thought I'm having:

Where this thought may come from:

What I'd say to someone I love who felt this way:

A kinder version I want to hold instead:

A Moment With My Younger Self

Right now she's feeling:

I want to tell her:

Together, we will:

10 Ways to Bring Myself Calm

Use when emotions feel too heavy or thoughts feel too loud.

- Take 3 slow, full breaths
- Hold a warm mug with both hands
- Step outside and feel the air
- Place a hand on my heart and whisper, “I’m safe now”
- Write a kind thought to myself
- Light a candle
- Sit in silence for 1 minute
- Listen to a soft song
- Let myself cry, slowly
- Wrap up in a blanket and rest

Add your own:

You're Doing More Than You Think

If this journal helped you soften even one thought, you've already started. For more Reparenting and Inner Child support, check out our Inner Child Healing Bundle - includes **The Reparenting Roadmap**, the **Healing the Wounded Inner Child** journal, plus a bonus printable toolkit.

[Click Here to See the Bundle](#)

Want to go deeper into your own healing?

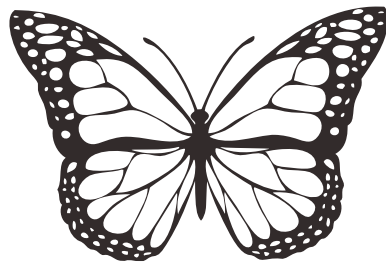
Explore eBooks, courses and tools designed to help you feel more calm, connected, and kind to yourself — every day.

Learn More at InnerKinder.com



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