

The background of the page is a detailed line drawing of various flowers and leaves, including what appears to be a hydrangea on the left and a large flower with a dark center at the bottom. The central text is enclosed in a thin black rectangular border.

Quick Start Reparenting Scripts

Ready-to-use reparenting scripts
to support you when you feel
triggered, your inner critic gets
loud, or you feel overwhelmed

INNERKINDER.COM

A Bonus Gift from InnerKinder

When your inner child is hurting, it's easy to feel lost for words. That's why we've created this pack of gentle, ready-to-use reparenting scripts. Think of them as little lifelines you can reach for in tough moments — until the voice of compassion starts to feel like second nature.

Read these out loud, whisper them under your breath, or write them in your journal. Choose the ones that feel true for you.



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GROW FROM WITHIN

When You Feel Triggered

“This pain is real. And it’s old. I don’t have to fix it all right now.”

“I’m not alone anymore. I’m here with you.”

“We survived the original hurt. We can survive this too.”



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When the Inner Critic Gets Loud

“You don’t have to be perfect to be loved. You are safe with me.”

“Criticism isn’t truth. It’s an echo. I choose kindness today.”

“I see how scared you feel. That doesn’t make you unworthy — it makes you human.”



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When You're Overwhelmed

“It’s okay to pause. Nothing urgent has to be decided right now.”

“I deserve rest. I am safe to slow down.”

“One small step is enough. I don’t have to carry everything at once.”



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When You Want to Give Up

“I’ve already come so far. I don’t need to do this perfectly — I just need to stay with myself.”

“Even if today feels heavy, tomorrow can feel lighter.”

“Giving up on the pain is not the same as giving up on me. I choose me.”



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When You Feel Unlovable

“I don’t have to earn love. I am
love.”

“You are safe now. You are
worthy now. You belong now.”

“Little one, you are everything I
needed then — and everything I
need now.”



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How to Use This Pack

- Print and cut these scripts into cards — keep one in your wallet, journal, or on your nightstand.
- Save them as phone notes and set a daily reminder with your favorite line.
- Pair them with grounding (hand on heart, deep breath, warm tea) so your body learns to believe the words.

When the old patterns rise, reach for these words.



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