

# Bonus: Reparenting Toolkit



## **Printables, Scripts, and Templates to Support Your Ongoing Reparenting Journey**

These aren't just free extras - they're integration tools. Use them to stay anchored in your reparenting work, track your growth, and reconnect when life pulls you away from yourself.




INNERKINDER  
GROW FROM WITHIN

# SELF-COMPASSION SCRIPTS

Use these ready-made scripts to respond to triggers, spirals, and self-doubt with kindness instead of criticism.

## **When you feel like a failure:**

 "This is hard, but I'm not broken. I'm learning how to care for myself in a new way."


## **When you feel triggered:**

 "This pain is old. It's valid. And I don't have to fix it all right now."


## **When the inner critic gets loud:**

 "You don't have to be perfect to be loved. I choose gentleness today."

## **When you're overwhelmed:**

 "It's okay to rest. It's safe to slow down. Nothing urgent has to be decided right now."

## **When you want to give up:**

 "I've come so far. I don't need to get it all right - I just need to stay with me."








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# MOOD DIARY

Tracking your mood can help you get in touch with emotions that your childhood experiences taught you to suppress. Fill out the chart below every evening as part of your daily check-in with yourself.

WEEK OF: \_\_\_\_\_

					
MON					
TUE					
WED					
THU					
FRI					
SAT					
SUN					

REFLECTION NOTES

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# DAILY CHECK IN

*How am I feeling right now?*

*What does my inner child need today?*

*What boundary or intention do I want to set?*

*One kind thing I can say to myself:*



# AFFIRMATION CARDS

Print, cut, and keep these by your bed, on your mirror, or in your journal.

GROW FROM WITHIN

*I'm not too much,  
I was just made  
to feel that way*



INNERKINDER

GROW FROM WITHIN

*I don't have to earn  
love - I am love.*



INNERKINDER

GROW FROM WITHIN

*It's okay to be seen.  
It's okay to rest.*



INNERKINDER

GROW FROM WITHIN

*You're safe now.  
I've got you.*



INNERKINDER



# AFFIRMATION CARDS

Print, cut, and keep these by your bed, on your mirror, or in your journal.

GROW FROM WITHIN

*I deserve to thrive*



INNERKINDER

GROW FROM WITHIN

*Every breath I take is  
a promise of safety*



INNERKINDER

GROW FROM WITHIN

*I choose peace  
over perfection*



INNERKINDER

GROW FROM WITHIN

*Forgiveness is a gift  
I give myself*



INNERKINDER



# AFFIRMATION CARDS

Print, cut, and keep these by your bed, on your mirror, or in your journal.

GROW FROM WITHIN

*I deserve respect*



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GROW FROM WITHIN

*It's okay if my  
healing journey is a  
work in progress*



INNERKINDER

GROW FROM WITHIN

*My thoughts and  
feelings are valid*



INNERKINDER

GROW FROM WITHIN

*I am committed  
to making myself  
a priority*



INNERKINDER



# AFFIRMATION CARDS

Print, cut, and keep these by your bed, on your mirror, or in your journal.

GROW FROM WITHIN

*I give myself  
permission to put  
myself first*



INNERKINDER

GROW FROM WITHIN

*I honour the resilience  
and strength of my  
inner child*



INNERKINDER

GROW FROM WITHIN

*I will give my  
inner child kindness,  
compassion, and hope*



INNERKINDER

GROW FROM WITHIN

*I am whole and  
complete, just as I am*



INNERKINDER



# AFFIRMATION CARDS

Print, cut, and keep these by your bed, on your mirror, or in your journal.

GROW FROM WITHIN

*I am allowed to  
make mistakes*



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GROW FROM WITHIN

*I release the pain of  
my past and embrace  
my new life*



INNERKINDER

GROW FROM WITHIN

*I trust in my ability  
to heal and grow,  
one step at a time*



INNERKINDER

GROW FROM WITHIN

*I release the need to  
seek validation from  
external sources*



INNERKINDER



# AFFIRMATION CARDS

Print, cut, and keep these by your bed, on your mirror, or in your journal.

GROW FROM WITHIN

*I will let go of all feelings of shame*



INNERKINDER

GROW FROM WITHIN

*I am stronger than I give myself credit for*



INNERKINDER

GROW FROM WITHIN

*I fully accept myself as I am*



INNERKINDER

GROW FROM WITHIN

*It is safe for me to ask for support when I need it*



INNERKINDER



# AFFIRMATION CARDS

Print, cut, and keep these by your bed, on your mirror, or in your journal. Read one every morning for a daily grounding reminder.

GROW FROM WITHIN

*Breaking the cycle is  
not a destination  
but a journey*



INNERKINDER

GROW FROM WITHIN

*I deserve a safe  
and loving home  
environment*



INNERKINDER

GROW FROM WITHIN

*I am capable of  
responding instead  
of reacting*



INNERKINDER

GROW FROM WITHIN

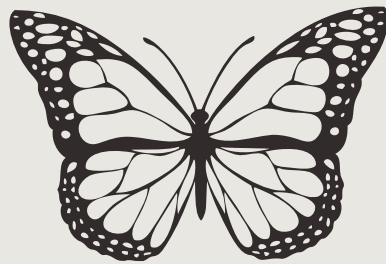
*I deserve to create  
and leave a legacy of  
love and healing*



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