



Reparenting Your
Inner Child

Hello!



Who am I?

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SOCIAL MEDIA

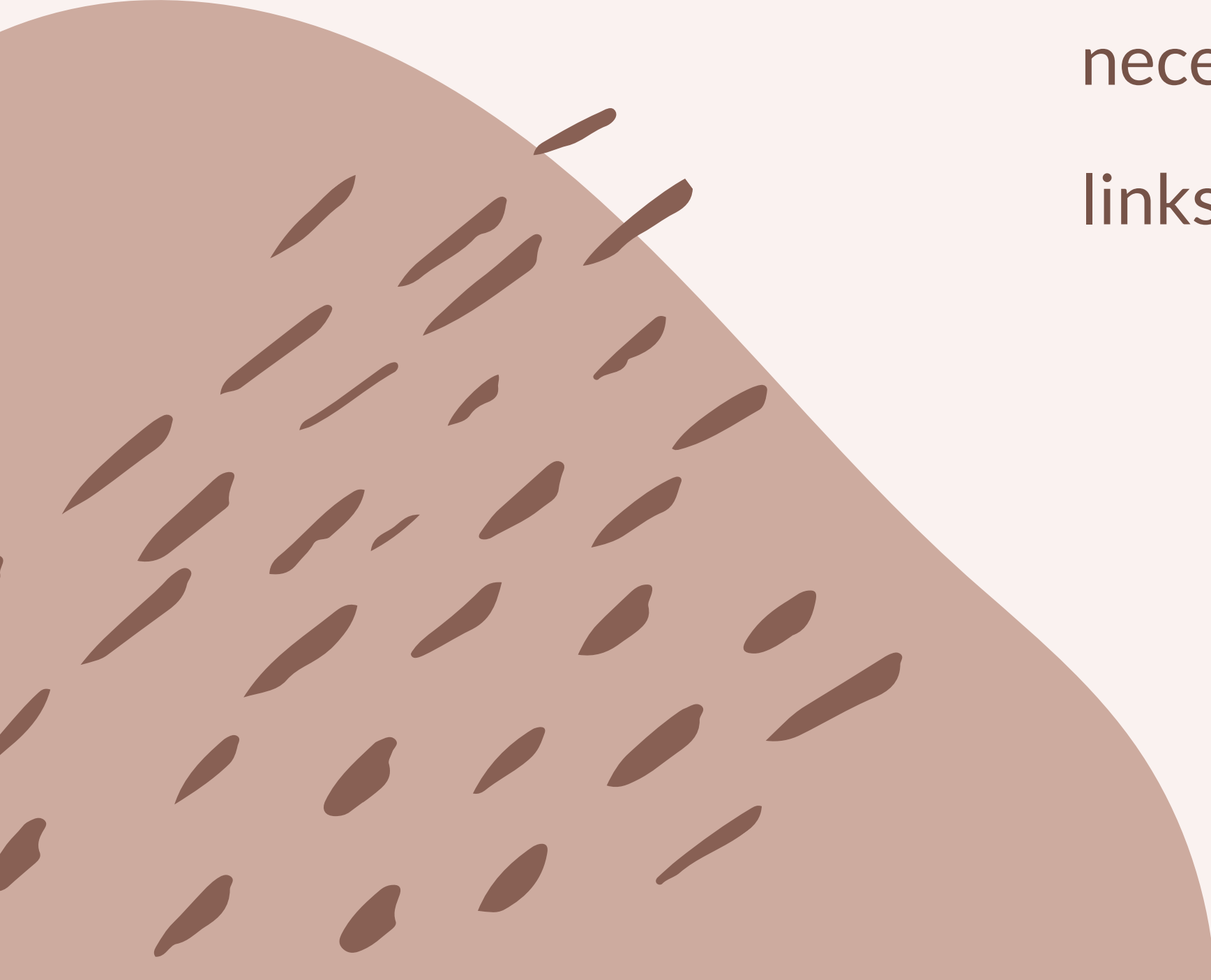
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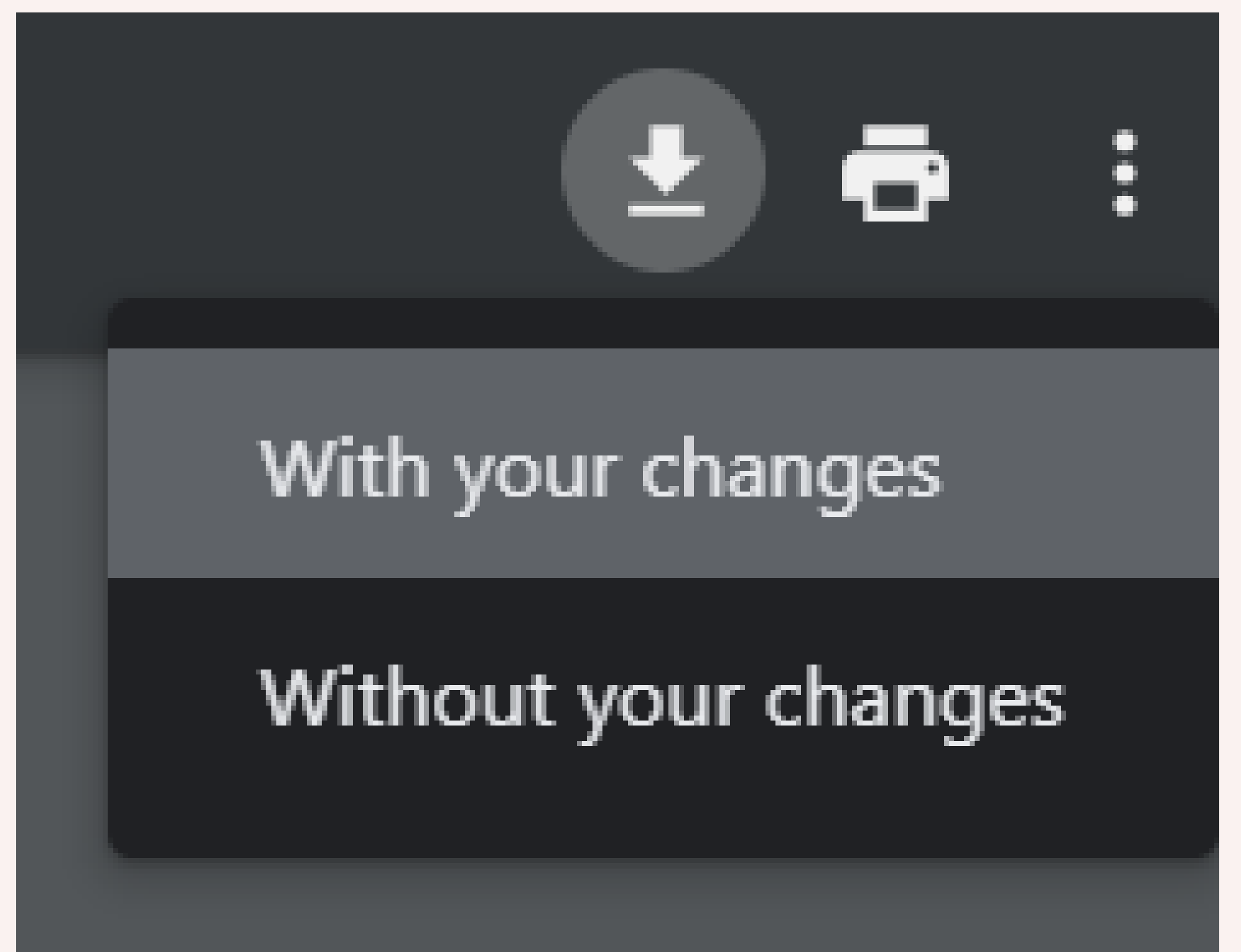
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Before We Begin...

Perform this 'train station spectator exercise' and log down some of the images, thoughts and memories that you see.



This resource contains writeable fields on some of the pages, as indicated by the box on the left. Simply click on the box to type down your entry.

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! NOTE ! Limited Time Opportunity To Receive A BONUS Resource To Unlock Your Best Self Beyond Trauma!



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- Ron, @mentalhealthceo

Introduction To Reparenting

Have you ever reacted to something and thought: "**Why am I so upset about this?**"

I know I have.

Maybe a small criticism ruined your day. Maybe someone cancelled plans and you felt hurt, even if your rational mind said it was fine. Maybe a conflict with your partner made you feel abandoned, even though you knew logically that everything was okay.

Here's the thing: sometimes we aren't just reacting as our adult self. Often times, it is the **younger part of us** who is reacting instead.

You feel it

An emotion hits harder than the situation seems to warrant.

You know it

Your rational mind tells you everything is fine — but the feeling won't budge.

It's old

The reaction belongs to a younger version of you, not the moment in front of you.

This is not a sign that something is wrong with you. It is a sign that a younger part of you still needs tending to.



This younger version of us is who we call our **Inner Child** – the part of you that carries the emotional experiences of your younger years. It contains the fears, hopes, hurts, and needs that were shaped by your childhood experiences and relationships.

When our emotional needs were met growing up, we generally learned that people can be trusted and that we are worthy of care. But when those needs were not met consistently, we adapted.

Perhaps you became a people-pleaser because keeping others happy felt safer than expressing your own needs. Perhaps you became highly independent because you learnt that nobody was coming to help. Perhaps you learnt to hide your emotions because showing them felt dangerous.

Whoever you needed to become, whether it was the:

The Golden Child

The Model Kid

Replacement Spouse

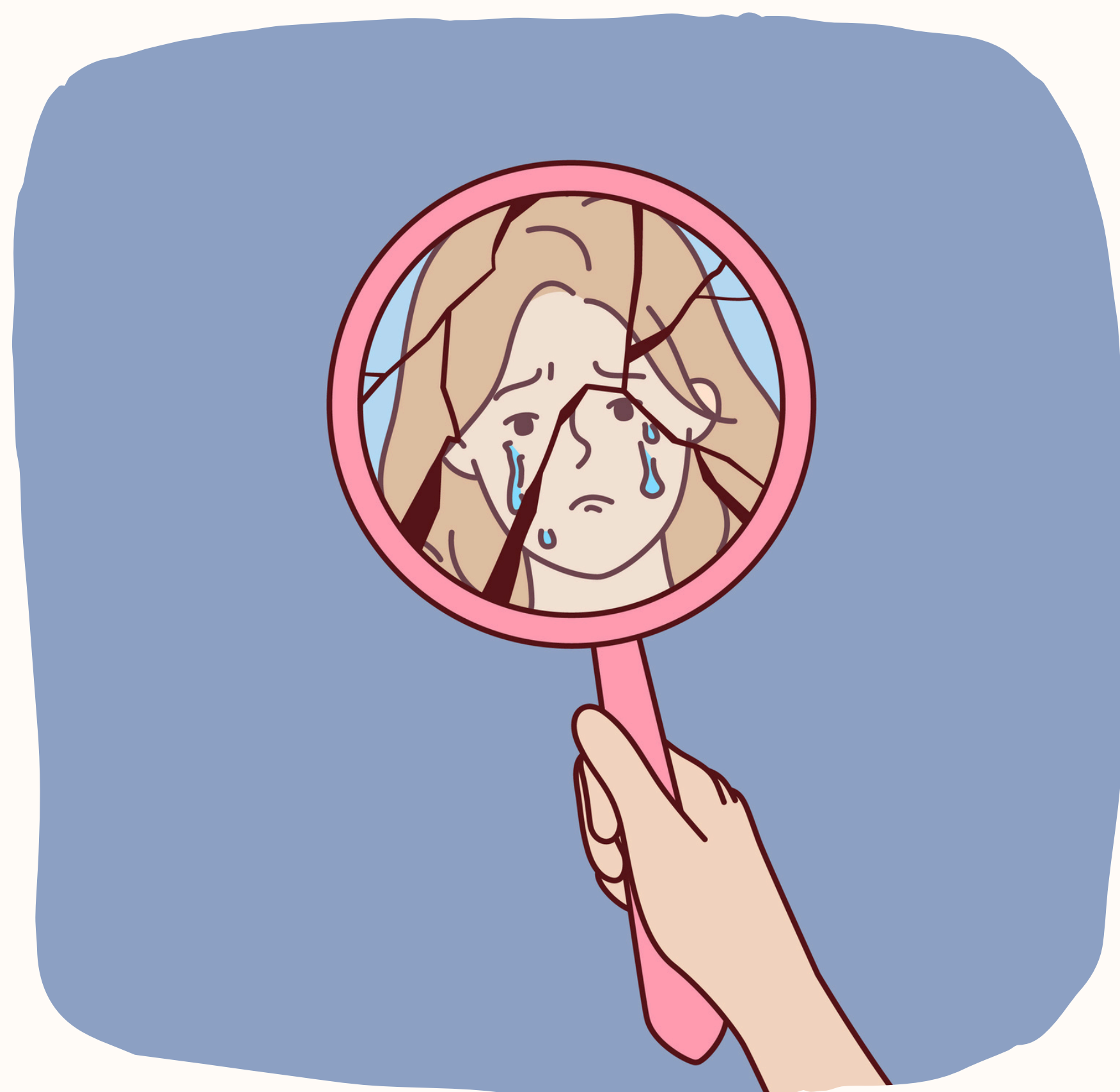
The Therapist

Emotional Scapegoat

The Black Sheep

The Middle Man

You could not be yourself. These strategies and the identities you had to adopt helped you survive. The problem is that what helped you survive as a child may not help you thrive as an adult.





This is where Reparenting comes in...

Reparenting is the process of giving yourself the emotional support, guidance, protection and care that you may not have received when you were younger.

IT IS NOT ABOUT....

- Blaming your parents.
- Staying stuck in the past.
- Reliving old pain for its own sake.

IT IS ABOUT....

- Recognizing the parts still carrying old wounds.
- Helping those parts heal.
- Becoming the adult your younger self needed.

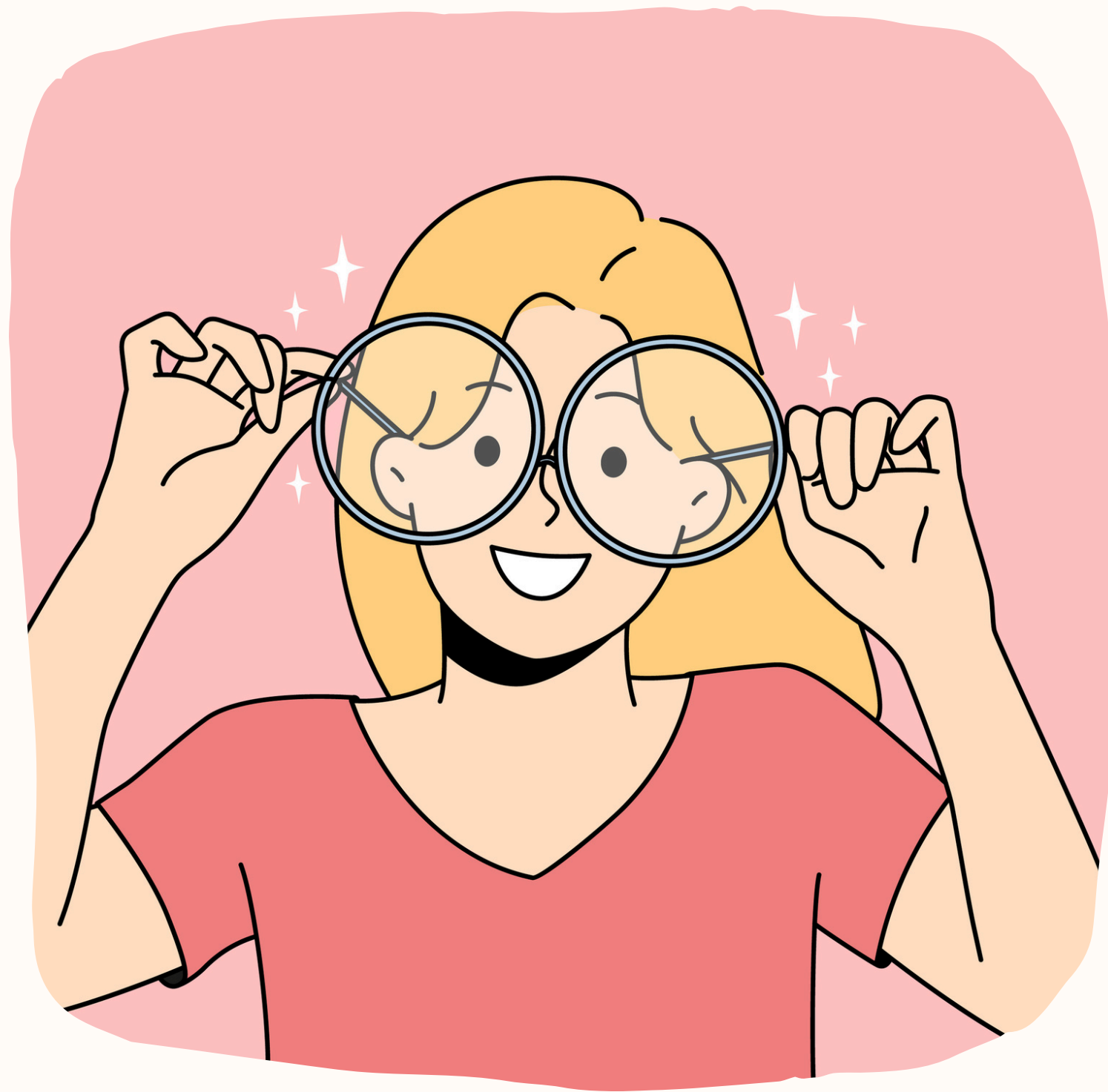
In a sense, reparenting means becoming the adult that your younger self needed – to give that younger self the care, love and wisdom they deserved, but never got.

THE HEART OF IT

"To be the person you originally would have become, before the influence of trauma or attachment wounds."

And before we learn how to do that, we first need to understand who exactly your Inner Child is.

Your Inner Child



Simply put, your Inner Child is the version of you stuck in a previously distressing or overwhelming period, unable to escape. It is this version of you that comes out during similar situations and triggers, even if this traumatic period is long over.

Many people think that the Inner Child is simply themselves as a young child. That is partly true, but it is also incomplete.

Your Inner Child is **any younger version of you** that still carries unresolved emotions, needs, memories, or beliefs. They could be the:

The 7-year-old you

Who felt lonely as they sat by themselves at recess.

The 12-year-old you

Who was bullied, but was not taken seriously by friends and adults.

The 25-year-old you

Who went through a painful breakup and could not recover.

Your Inner Child is not defined by age. They are defined by what you experienced.

Whenever something painful happened and you did not yet have the resources, skills, or support to fully process it, a part of that experience still lives on within you.

This is why people sometimes react to present-day situations as though they are much bigger than they actually are. When this happens, it is often because a younger part of you is seeing the present through the lens of the past.

YOU MAY STILL BE WOUNDED BECAUSE...

The younger version of you comes out in stressful situations to keep you safe.

What This Can Look Like

Outsized reactions

A small criticism feels like a devastating attack. A cancelled plan feels like abandonment.

Familiar patterns

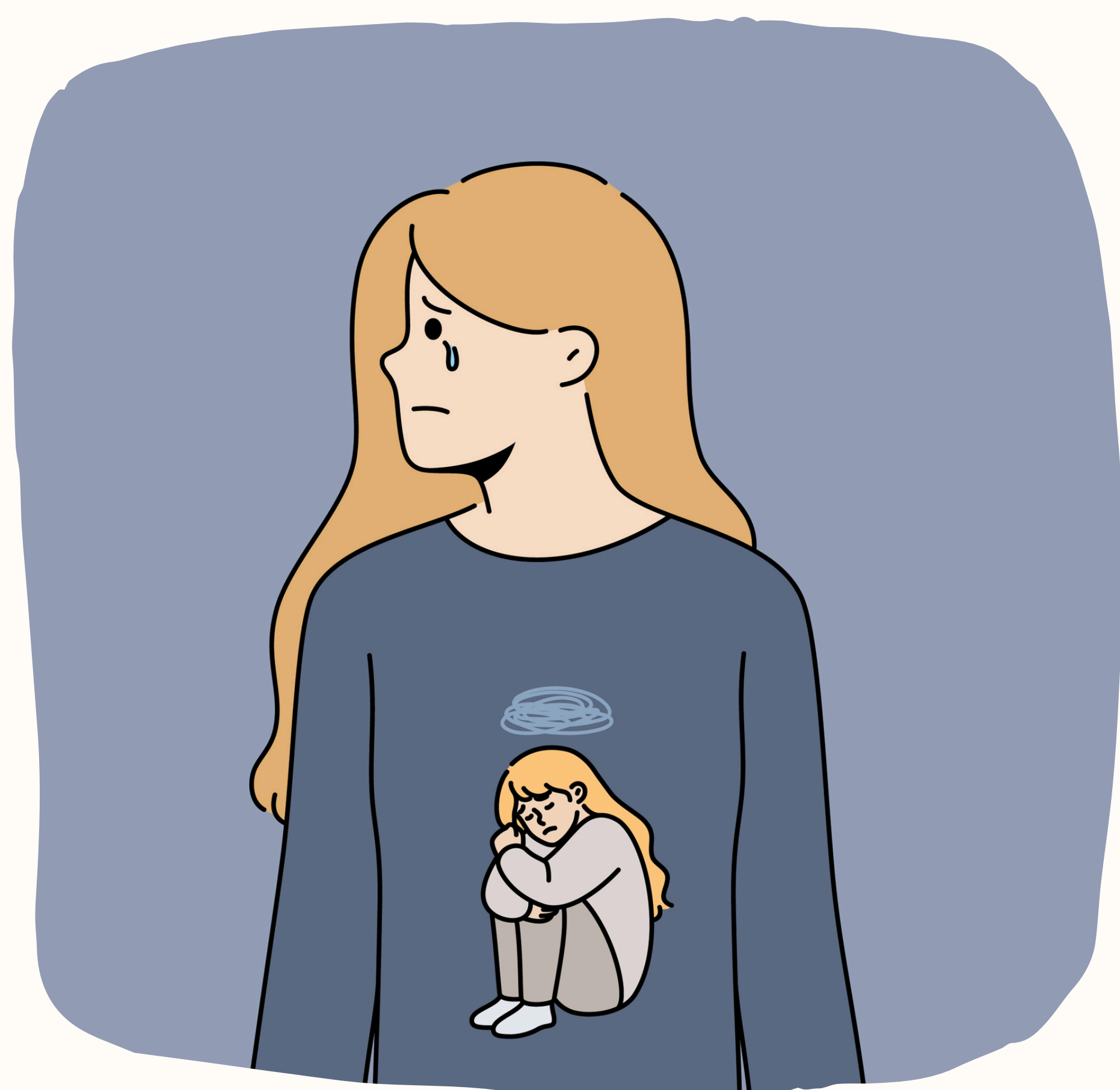
You keep finding yourself in the same situations, feeling the same feelings — with different people.

Shutting down

Instead of responding, you go quiet, numb, or disappear — even when you don't want to.

Sudden intensity

Emotions arrive fast and hard, with a force that feels bigger than the moment in front of you.



None of this means something is broken in you. It means a younger part of you is still waiting to be seen, heard, and held — and reparenting is how you do that.

Specifically, your Inner Child embodies these characteristics:

ABOUT YOUR INNER CHILD:



Your Inner Child represents your past self. They are not just an imagined construct, but the past version of you who exists within you, waiting to be contacted.



They represent curiosity, play, optimism, joy, wonder, innocence, excitement and a can-do attitude. A healthy Inner Child has thoughts like, “Let’s do it!”, “This seems fun!”, “I want to play” and so on.



However, they may also be ‘stuck’ in the time of their trauma, unable to move on. This is a burdened Inner Child who has thoughts like, “I give up,” “I’m a loser,” “I’ll make them pay,” and so on. This is the version of you that comes out when you encounter a trauma trigger.

Now, let us to get to know more about your Inner Child, through a series of exercises.

Your Inner Child

Firstly, place a picture of your Inner Child in this box to give them a face and a name, as well as their age. I have placed my own example on the next page.

(your Inner Child's picture)

Your Inner Child's name/nickname:

Your Inner Child's age:

Inner Child Sample



(your Inner Child's picture)

Your Inner Child's name/nickname: Little Ron

Your Inner Child's age: 6

Next, go back to the previous page and add your own!

After that, we will do an exercise on the next page about knowing your Inner Child beyond their trauma.

Know Your Inner Child

Exercise 1

In this page, your job is to fill in the boxes with 3 hobbies/interests and 3 strengths of your Inner Child. Hobbies are activities they liked to do and interests are topics they were curious about. Strengths are qualities they possessed which are positive, or others praised and admired. Again, I have attached my sample on the next page.

Hobby/Interest 1

Strength 1

Hobby/Interest 2

Strength 2

Hobby/Interest 3

Strength 3

Know Your Inner Child Sample

Hobby/Interest 1

Soccer

Strength 1

Funny, made everyone laugh

Hobby/Interest 2

Marine biology, from The Blue
Planet documentary

Strength 2

Diligent

Hobby/Interest 3

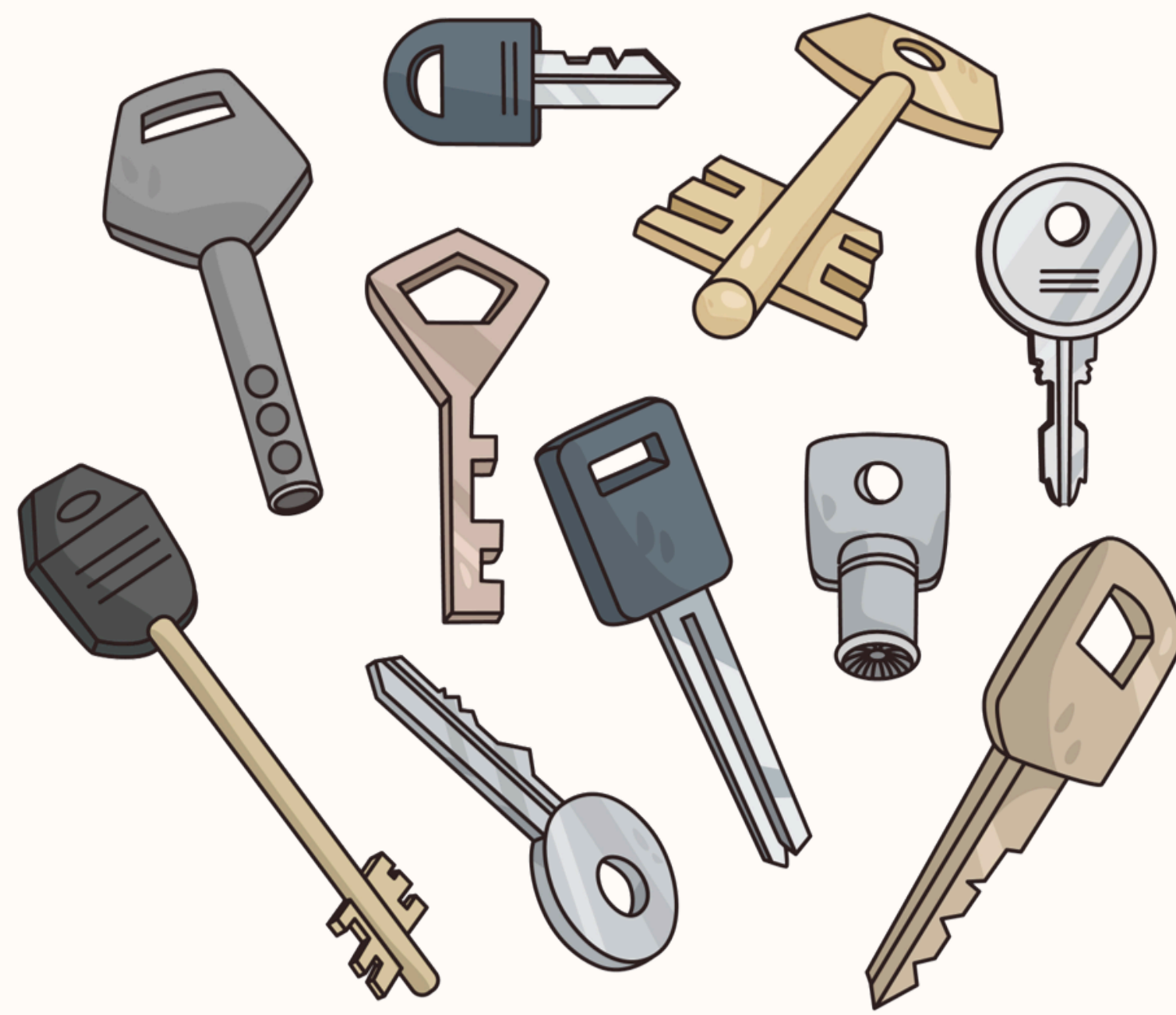
Dinosaurs

Strength 3

Responsible

Now, please go to the previous page and fill in your own! This will be important later.

Inner Child Keys



Now that you've given your Inner Child a face, let's go deeper — not through the lens of what hurt them, but through what made them shine.

In Inner Hero Therapy, we use something called Keys. A Key is a visual scene — a memory, an imagined moment, or a symbol — that gives you a clue about who you truly are.

Keys are always visual: pictures, moving scenes, memories and so on. Your Inner Child carries some of the most important Keys you will ever find. What they loved, longed for, and were naturally good at? Those are clues to your true identity.

Some examples of Keys can look like:

#1: Flow

The memory of losing yourself completely in drawing, so absorbed you forgot to eat.

#2: Victory

The afternoon you scored the winning goal and felt proud because you were celebrated by the team.

#3: Freedom

The dream you had of becoming an explorer or an artist, before someone told you it was unrealistic.

NOTE: SIGNATURES FOR KEYS

Every Key has a Signature – a one-word or short phrase that names the feeling it represents. Like a painting with a title. A memory of reading alone under a tree might be captioned Peace. Defending a friend who was being bullied might be Courage. These are not just nice memories. They are evidence of who you really are beneath your masks.

Let us know create our own Inner Child Keys, using the instructions below:

Forging Your Keys

Exercise 2

Using the strengths and hobbies from Exercise 1, create two Inner Child Keys below.

Describe each scene, then give it a Caption.

Key 1 – A memory based on your Inner Child's hobbies or interests:

DESCRIBE THE SCENE (WHERE WERE YOU DOING, WHERE, HOW OLD, HOW DID YOU FEEL):

CAPTION (ONE WORD OR SHORT PHRASE):

Key 2 – A memory where your Inner Child displayed one of their strengths:

DESCRIBE THE SCENE:

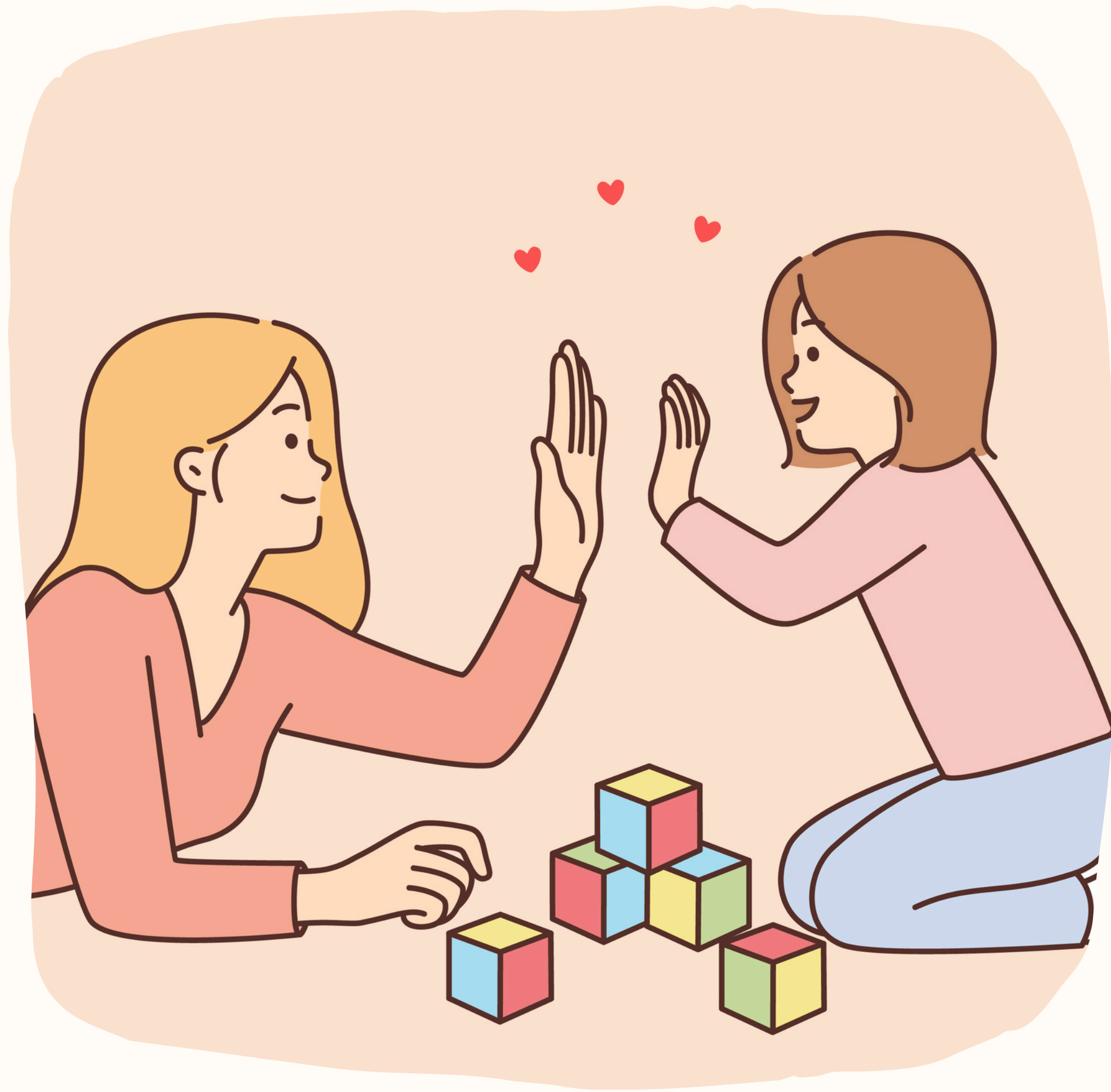
CAPTION:

REFLECTION: WHAT DO THESE TWO KEYS TELL YOU ABOUT YOUR INNER CHILD, BEYOND THEIR WOUNDS?

Great job! However, throughout our Reparenting process, your Inner Child is not the only part of us we need to get in touch with. The truth is, there are three versions, or parts of us, that are instrumental in the Reparenting process.

This is who I call your Inner Family.

Your Inner Family



Many people think that reparenting is only about healing their Inner Child. But this is only a fraction of the story.

Instead, within you exists three members which form what I call your Inner Family:

Your Inner Child:
representing your
past self

Your Present Self:
representing the you
in the present (the
you who's reading
this book now)

Your Inner Hero:
representing the
future, best version
of you

Because these three versions of you represent your Past, Present and Future, they are also called your Temporal Triad, but let's stick with Inner Family since it's simpler.

Another Way To Think About It: The Car Analogy

Imagine all the members of your Inner Family in a car. Ideally, your Current Self is behind the wheel. Your Inner Hero is in the passenger seat, reading the map and guiding you where to go. And your Inner Child is in the back seat, pointing out all the wonderful things along the way.



When Trauma Gets In The Way

But when you face Inner Child wounds or childhood trauma, this is not what happens. Instead, your Current Self may be driving, but they're going in circles, backwards because they are lost. Your Inner Hero is seems non-existent but they are actually trying to guide your Current Self, but they aren't listening.

And because your Current Self is overwhelmed, they get really snappy and irritable toward your Inner Child, who is cowering in the back of the car, scared. As a result, the car ride is tense, unenjoyable, confusing and scary. This is not what we want our car ride to be.

Current Self is lost

Driving in circles, overwhelmed, reacting to the Inner Child's wounds rather than leading.

Inner Hero goes unheard

Either absent entirely, or offering guidance that the Current Self is too overwhelmed to receive.

Here is what this means for healing: you cannot fully reparent your Inner Child from your Current Self alone. The reason is that your Current Self is still affected by your Inner Child's wounds. You are still carrying them. But here's the **solution**:

Bringing Your Inner Hero In First

When you - as your Current Self - try to reach back into the past to try to rescue your Inner Child, it's easy to get tangled up. You may re-experience the trauma rather than release it. You may merge with your Inner Child's pain rather than soothe it.

This is why Inner Hero Therapy places so much importance on bringing your Inner Hero into the room first.

Because your Inner Hero has done what your Current Self has not yet done: they have healed. They have moved through the dark and found the light at the end. And from that position (the future) they can look back at your Inner Child with:

Clarity

They see the wound fully, without being consumed by it.

Unconditional Love

They accept every wounded part of you, without judgement.

Certainty

They already know everything is going to be okay.

They are the reparenting figure your Inner Child has always needed. Not a parent from the outside, but the best version of you from the inside.

With this in mind, let's explore who your Inner Hero is to reparent our Inner Child.



Your Inner Hero

Your Inner Hero is not someone you create. They already exist, just as your Inner Child did not have to be created, but simply recognized.

Your Inner Hero is the version of you who has been through all your challenges and come out on top. They are your wisest self, the best version of you leading your best life.

Your Inner Hero is not....

A productivity machine who optimizes every hour. Your Inner Hero understands your needs and your limits.

A detached guru on a mountain. They are deeply connected: to others, to the world, and to themselves.

Someone who has 'killed' the past self. They understand every wounded part of you with love, not judgment.

They know those survival mechanisms were born out of need. Your Inner Hero does not reject your wounded parts. Instead, they hold them.

Finding Your Inner Hero

The most direct way to find your Inner Hero is through a simple exercise. Take a blank white piece of paper (or close your eyes and imagine one) and slowly build the image of the version of you who has overcome everything you're currently facing. Not just survived, but been transformed by it, and is now leading their best life possible.

As you hold that image, ask yourself:

- What do they look like? What are they wearing?
- Where are they, and what are they doing?
- What are they feeling? What are they thinking?
- And most importantly: is this you?

Creating Your Inner Hero

Now, take a piece of paper, real or imagined, and spend a few minutes painting the image of the version of you who has overcome your struggles. Then, fill in the boxes below.

DESCRIBE YOUR INNER HERO – WHAT DO THEY LOOK LIKE? WHAT ARE THEY WEARING? WHERE ARE THEY? WHAT ARE THEY DOING?

HOW ARE THEY FEELING? (ONE WORD OR SHORT PHRASE)

WHAT ARE THEY THINKING RIGHT NOW?

WHEN YOU LOOK AT THIS VERSION OF YOU – IS THIS REALLY YOU? WHAT DOES IT FEEL LIKE TO SEE THEM?

WHAT WOULD YOUR INNER HERO SAY TO YOU, RIGHT NOW, KNOWING WHAT YOU'RE GOING THROUGH? WRITE IT DOWN. THIS IS WORTH KEEPING.....

Naming Your Inner Hero Image

Once you have a sense of their image, give them a Signature. Just like the Inner Child Keys, your Inner Hero Image has a Signature: a name, a word or short phrase that captures the quality they embody most fully.

EXAMPLES OF INNER HERO TITLES:

For some people it is **Greatness**. For others it is **Peace, Courage, Sovereignty, or Love**.

The right Caption is the one that, when you hear it, makes you feel certain that this is you.

MY INNER HERO'S CAPTION IS:

Now, put yourself in the shoes of your Inner Hero - the you leading the best life.

When you picture this version of yourself , the one who made it through, what do you want your Inner Child to know?

YOUR ANSWER:

How Your Inner Hero Can Repair Your Inner Child

Now comes the part where everything we've done up till this point is connected. Your Inner Child is stuck in a moment, or many moments, where something went wrong and the right support never came. The trauma was not just the painful event itself - it was what happened afterward. The comfort that wasn't offered, the validation that never arrived, the safety that should have been there but wasn't.

This is why they keep replaying the scenes: not out of weakness, but because there is unfinished business, a wound that still needs care.

Your Inner Hero can do that repair because they have lived through all of it. They know exactly what your Inner Child needed and never got, and they have the clarity, strength, and unconditional love to give it to them in a way that finally heals the wound for good. This is the system in Inner Hero Therapy that we call, The Inner Child Release System. It has 3 steps: Observe, Invite and Ask.

The Inner Child Release System

Step 1 – Observe

Bring to mind a specific distressing incident your Inner Child may still be carrying. As a start, please go with something minor, not your most painful memory.

As you recall it, play it at **10× speed** and turn it **black-and-white** in your mind. This helps your brain recognise it as a memory from the past, rather than something happening now.

Step 2 – Ask

Ask yourself: "**What would my younger self have liked to have happened after this incident?**"

Notice the emphasis on after. We are not wishing the event hadn't happened. We are asking what support, validation, or love should have followed, but didn't.

Step 3 – Invite (2 Options)

OPTION 1 – YOUR PAST SELF ACTS

Imagine your past self did the thing they wanted to do: they spoke up, fought back, set the boundary and so on. Who is the version of you who could do that? Create their picture and give them a Signature. They are a Key to your Inner Hero.

OPTION 2 – SOMEONE ARRIVES

Imagine someone came, a guardian, protector or hero, and gave your Inner Child what they needed: stopped what was happening, told them they were safe, gave them love and comfort. Who is this person? What do they look like? They are a Key as well.

The Inner Child Release System

Let us now perform the steps of Inner Child Release and write down our reflections.

Step 1 – Observe:

FIRSTLY, BRIEFLY RECALL THE INCIDENT WHILE PLAYING IT IN 10X SPEED AND IN BLACK-AND-WHITE. WHAT ARE YOU NOTICING IN YOUR INNER CHILD? WHAT ARE THEY FEELING?

Step 2 – Ask:

WHAT WOULD YOUR INNER CHILD HAVE LIKED TO HAVE HAPPENED AFTER THE INCIDENT? WHAT SUPPORT, LOVE, OR ACTION WAS MISSING?

Step 3 – Invite (Option 1):

DESCRIBE THE VERSION OF YOU WHO STEPS IN AND DOES WHAT YOUR INNER CHILD NEEDED TO DO. WHAT DO THEY LOOK LIKE?

Step 3 – Invite (Option 2):

DESCRIBE THE GUARDIAN FIGURE WHO ARRIVES TO GIVE YOUR INNER CHILD WHAT THEY NEEDED. WHAT DO THEY LOOK LIKE?

ONCE YOU HAVE COMPLETED EITHER OPTION 1 OR OPTION 2, REFLECT:

DOES EITHER FIGURE REMIND YOU OF THE INNER HERO FROM EXERCISE 4? WHAT SIMILARITIES DO YOU NOTICE?

WHAT DID YOUR INNER HERO SAY TO YOUR INNER CHILD IN THIS SCENARIO?

WHAT GIFT, OBJECT, SYMBOL OR WORDS OF AFFIRMATION DID YOUR INNER HERO GIVE YOUR INNER CHILD? (THERE IS NO WRONG ANSWER.)

Final Exercise

You have done something significant today. Most people who work on Inner Child healing spend years focused only on the past — on what happened, on why it happened, on understanding the wound from every angle. While that work has its place, it is incomplete without what you have begun to touch in this eBook.

Reminder: You Are More Than Your Past

You are not just a person with a wounded past. You are a person with a past, yes, but also a present, and a future. And that means all three of those versions of you who exist in past, present and future are real. All three of them are in this together:

Your Inner Child

Needed to be seen — and now they have been. Their strengths, their memories, their keys, their face. They are not just their wounds, and they deserve to be known fully.

Your Present Self

The one navigating daily life, carrying both the past and the future. They are the bridge between who you were and who you are becoming.

Your Inner Hero

Needed to be called upon — and now they have been. The best version of you, the one who has already made it through, is not some distant fantasy.

They are a resource available to you right now. Every time you ask what they would think, what they would say to your youngest self — you step a little closer to becoming them.

A Letter From Your Inner Hero

Lastly, let us write a letter from your Inner Hero to your Inner Child.

A Letter From Your Inner Hero To Your Inner Child

Firstly, take a look again at the picture of your Inner Hero. Recall their image and their Caption (Title), and put yourself in their shoes. Next, look at the picture of your Inner Child again. As you imagine yourself as your Inner Hero, write a heartfelt letter to your Inner Child thanking them for hanging on, but also telling them that you will give them the love, care, kindness and warmth they deserve. Let's proceed.

DEAR _____ (YOUR INNER CHILD'S NAME),

With love,

(YOUR INNER HERO'S CAPTION/NAME)

Conclusion

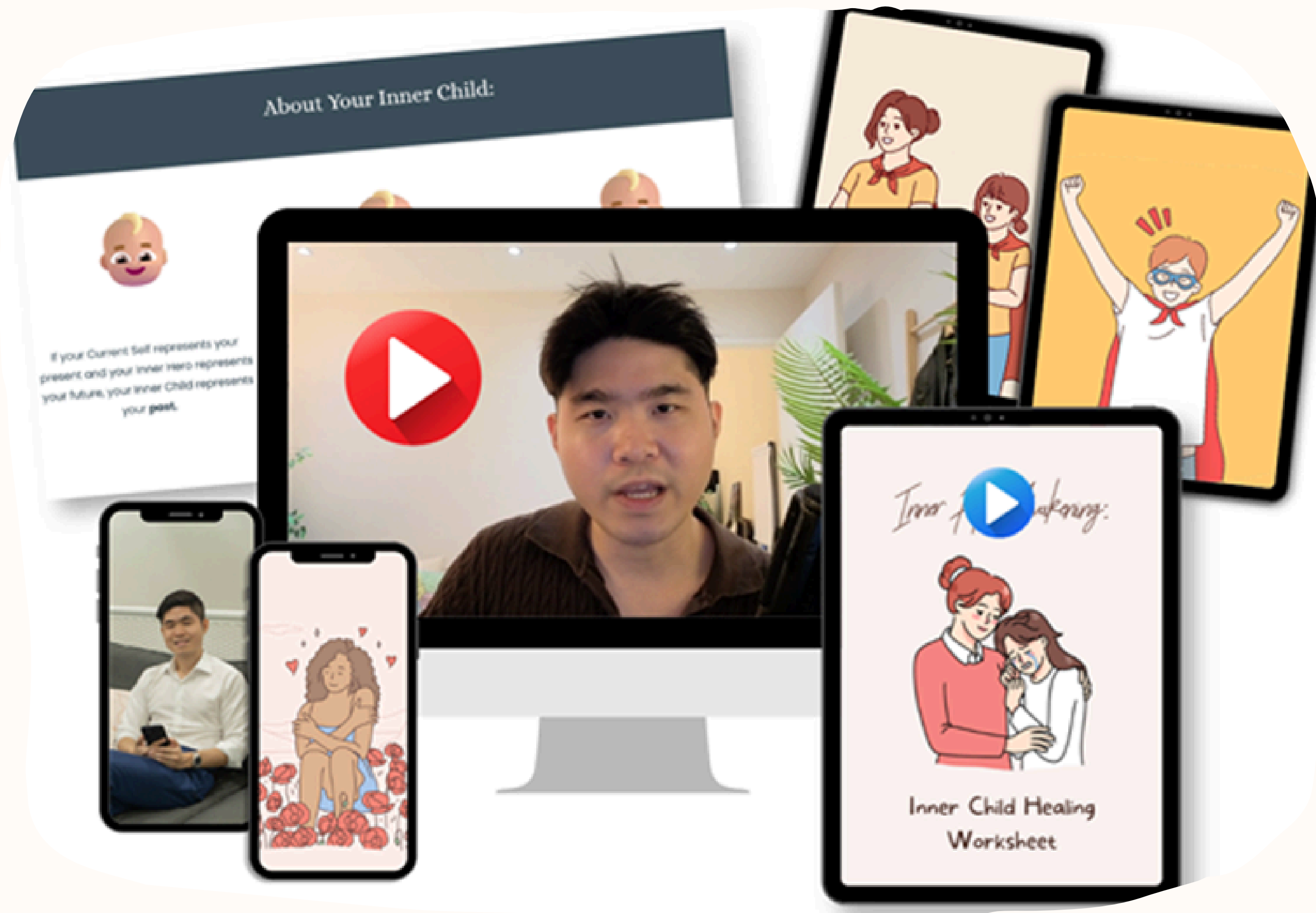
Congratulations! You have just completed this eBook on Reparenting Your Inner Child, with the help of your Inner Hero. Just a reminder from me:



If you've enjoyed working on this eBook, please send a copy of your finished eBook with as many boxes filled in as you can to support@mentalhealthceo.com, and I'll send you a bonus Inner Hero resource worth **\$47** for free. Looking forward to your responses!

- Ron, @mentalhealthceo

Healing Your Inner Child Online Course



Get 50% OFF Now!

If you found this mini eBook helpful, great news: I have an online course all about Emotional Regulation as part of my online course, Healing Your Inner Child. It contains modules on emotional regulation, healing Inner Child wounds and Inner Hero Work. The best thing? For everyone who has bought this eBook, it is 50% off for a limited time only. Get your spot today by clicking the button below!

Claim Your 50% OFF For Healing
Your Inner Child Today!