

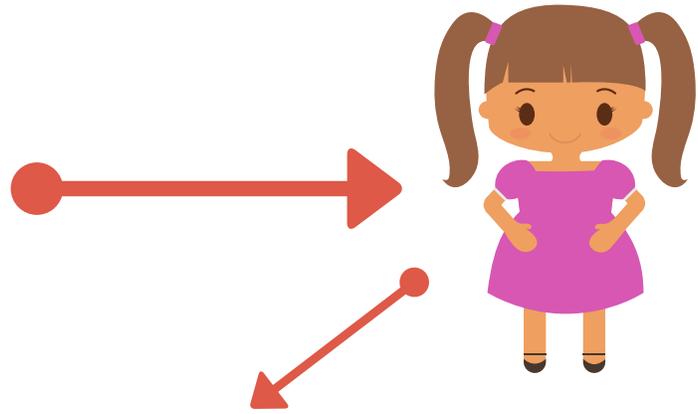
## UNIT 9:

# Chapters 15 - Putting It All Together & 16 - You Are Ready

1. What do you think of the goal of letting your younger self embrace being a child again so the job of adulting can be left to the adult you?
2. How were you able to deconstruct your patterns and reactions?
3. How does understanding how you feel in your body and your chakras help you deconstruct your feelings and experiences?
4. How has it helped to understand that burying your feelings only causes you to hold onto hurt?
5. I fully believe the inner child must be told the truth. Why do you think that is?
6. In what ways did the journal process at the end of chapter fifteen help you shift and/or heal?
7. Are you able to be more present and find more beauty in each moment?
8. What are your biggest take-aways after reading this book?
9. Would you recommend this book to a friend? If so how would you summarize it?
10. Do you have a burning question you want to ask Janet?

# Inner child healing process

Hear the injured inner child's(IC) story. Where is it stored In the body?



Understand how/why the IC began to believe the false beliefs about self.  
Learn what these beliefs are(ego/false self).

## Help the inner child:

- Understand they are not those beliefs, that these beliefs became their survival coping skills.
- Talk with IC to agree to let go of responsibility & the powerful emotions(release from mind & body).
- Reframe & implement new coping skills.
- You learn to be true to the self & hear the positive messages about the self.



The adult self can now integrate the positive messages and feel valid in the present.

The healthy adult now takes care of the healed inner child.

As an adult, when we have a tantrum, it is really the inner child looking for love, acceptance and belonging in the moment.



Recognizing this creates freedom as you learn the one who can love and accept your inner child is you!

Janet Philbin