

# To Heal



When do the thoughts of the inner child show up?

When you are scared, uncertain.

When you are in self-judgement.

When you feel not worthy and/or depressed.

When you experience shame, anger, disempowerment.

When you experience guilt, self-depreciation.

When I experience \_\_\_\_\_  
(any painful emotion)



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**A deep dive into the Spiral of Healing.**

Janet Phillips, LCSW, CH



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## Polyvagal Theory

### Neuroception:

The way our autonomic nervous system scans for cues of safety, danger, life threat without involving the thinking brain. Steven Porges, MD

### The Autonomic Hierarchy:

Ventral Vagal:

safe, social, connected

Sympathetic:

fight, flight, agitated

Dorsal Vagal:

immobilized, collapsed, numb

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Healing words your adult self can say to your wounded inner child.



- You are lovable.
  - I am ready to love you.
- I am going to take care of you now.
  - I am ready to heal your pain.
- I am ready to look at the source of your pain.



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