

# The Inner Child Workbook

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jul 1 1991 recovery therapist cathryn taylor offers a step by step guide to reparenting the children within and healing their shame anger and feelings of abandonment using written and verbal

inner child work is any form of self discovery that helps you access the child piece of you the younger version of yourself along with the experiences and emotions that child had

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this page invites you to reflect on how your inner child expresses themselves or stays hidden neither is good or bad just different ways of seeking safety and love

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in this journal i want you to consciously connect with your inner child on purpose i want you to love her him and introduce that child into the present you healed and ready to love all the parts of yourself

inner child workbook what to do with your past when it just won t go away publisher penguin publishing group item length 8 9 in publication year type workbook format uk b format

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