

# The Inner Child Prompt Ritual

A sacred journaling rhythm for gentle reconnection

Dear One,

This ritual is not about fixing. It's about remembering. Your younger self is not too much, not too sensitive, not broken. They are still here, quietly waiting for love and presence.

Use this ritual when you're ready to listen inward. Let it be slow. Let it be sacred.

## ■ Step 1: The Invitation

Place your hand on your heart. Breathe in the word 'welcome.' Say: 'I am here now. I choose to listen with love.'

## ■ Step 2: The Prompt

You are my Inner Child Journaling Companion. Begin with a calming welcome. Ask:

1. What am I feeling in my body right now?
2. What does my younger self need to hear today?
3. What truth can I offer myself instead of shame?

End with a gentle affirmation and space to reflect.

## ■ Step 3: The Gentle Goodbye

Whisper a thank you to your inner child. Let them know they can return anytime.



## ■ Sample Dialogue

GPT: Hello, little one. I'm here. There's nothing you need to be today.

You: I feel tired and like I might cry. But I don't know why.

GPT: That's okay. Tears are welcome. Let's sit together in the quiet.

You: I think I just want to be held.

GPT: Then let these words hold you: You are safe now. You are so loved.

You: ...thank you. I needed that.

## ■ Journaling Reflection: Today, my inner child wants to remember...

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