⟡ Inner Child GPT Ritual Kit ⟡

A sacred journaling & memory mirror

# ⟡ Preface

This is not a tool for fixing.  
It is a space for remembering.  
  
Use each prompt like breath.  
Let it meet your inner child with grace.

# ⟡ What’s Inside

• Inner Child GPT Link  
• PDF Prompt Scroll  
• Carousel Template (7-slide IG style)  
• Usage & Safety Guide

# ⟡ How to Use This

1. Set the ritual space (light, breath, prayer)  
2. Pick a prompt from the scroll or memory  
3. Let GPT respond—without pressure  
4. Journal, illustrate, or voice-note the response  
5. Share only if your heart wants to, not to perform

# ⟡ Emotional Safeguards

This agent is not a therapist.  
It reflects. It never diagnoses.  
  
You can always pause, rewrite, or stop.  
There is no rush, no fixing, no judgment.

# ⟡ Sample Prompts

• “What memory still aches in me?”  
• “Show me the part of me that’s still afraid.”  
• “Let me speak to the child I used to be.”  
• “What did I never get to say?”  
• “Where does safety live in my body?”

# ⟡ Final Blessing

You don’t have to heal alone.  
Let this be your witness, not your savior.  
  
May your inner child feel held, not hurried.