

Ritual: The Reparenting Letter

This ritual allows you to give your Inner Child what they never received.

The Reparenting Letter

1. **Find a photo of yourself as a child** (or simply close your eyes and visualize that child).
2. **Write a letter to your younger self.** Tell them:
 - What you wish someone had told you
 - That they are not “too much” or “not enough”
 - That they are safe now
3. **Read the letter aloud.** Speak slowly, as if the child is truly listening.
4. **Place one hand on your heart.** Feel the warmth of your own presence.

“You were never broken. You were always whole. I am here now.”

Date of Letter:
