

[HOW TO HEAL THE CHILD WITHIN](#)



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6 Steps to Help Heal Your Inner Child Psych Central

1. Trust. For your wounded inner child to come out of hiding, he must be able to trust that you will be there for him. Your inner child also needs a supportive, non-shaming ally to validate his abandonment, neglect, abuse, and enmeshment. Those are the first essential elements in original pain work.

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Healing the Child Within Quotes by Charles L Whitfield

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Loving the Wounded Child Within healing self through

Loving the Wounded Child Within by Robert Burney MA "It is through having the courage and willingness to revisit the emotional "dark night of the soul" that was our childhood, that we can start to understand on a gut level why we have lived our lives as we have.

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Inner Child Work 4 Healing Techniques to Rediscover Your

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