



Healing the Inner Child Roadmap

How to Use This Roadmap

This roadmap is designed for reflective, intentional healing. Move through each step at your own pace. You may complete it in one sitting or revisit it over time. There is no rush — healing is not linear.

Step 1: Recognize the Inner Child

Purpose: *Awareness*

Reflect on moments when you feel emotionally reactive, overly sensitive, shut down, or fearful.

- What age or version of you does this reaction resemble?
- What situations tend to activate this part of you?
- What emotions surface most strongly?

Write freely without judgment.

Step 2: Identify Unmet Needs

Purpose: *Understanding*

Consider what your younger self needed but did not consistently receive.

Examples include:

- Safety or stability
- Emotional validation
- Protection or advocacy
- Freedom to express feelings
- Consistent care or affection
- Which unmet needs feel most relevant today?
- How do these unmet needs show up in your adult relationships, choices, or self-talk?





Step 3: Offer Reparenting and Reassurance

Purpose: *Repair*

Write directly to your inner child.

- Acknowledge what they went through
- Validate their emotions
- Reassure them that they are not alone anymore

Speak with compassion, firmness, and protection — the way a safe, supportive caregiver would.

Step 4: Create a Present-Day Care Plan

Purpose: *Action*

Identify specific ways you will meet those unmet needs now.

Choose 3–5 actions you can practice regularly, such as:

- Setting clearer boundaries
- Practicing self-compassion during mistakes
- Engaging in creativity or play
- Seeking emotionally safe support
- Creating routines that provide structure and safety

Be realistic and consistent.





Step 5: Integrate and Reflect

Purpose: *Growth*

Check in with yourself regularly.

- What feels different since beginning this work?
- Where does your inner child still need attention?
- What support or boundaries need adjusting?

Growth happens through gentle repetition, not perfection.

Closing Reflection

Complete this sentence:

When I care for my inner child, I become the kind of adult who...

Let this statement guide how you show up for yourself moving forward.





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WANT TO LEARN MORE?

My life coaching services are designed to help you move from inspiration to transformation – not by overwhelming you, but by walking with you as you build discipline, strengthen your mindset, and pursue the purpose God has placed on your life. Whether you're navigating transition, needing structure, craving deeper spiritual growth, or simply tired of doing everything alone, you don't have to figure it out by yourself.



If you're ready to

- *take intentional steps toward your goals,*
- *build habits that actually stick,*
- *strengthen your mindset and resilience,*
- *grow spiritually and emotionally, and*
- *move confidently into the future you've been preparing for...*

I'd be honored to walk along side you!

SCHEDULE A FREE CALL

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