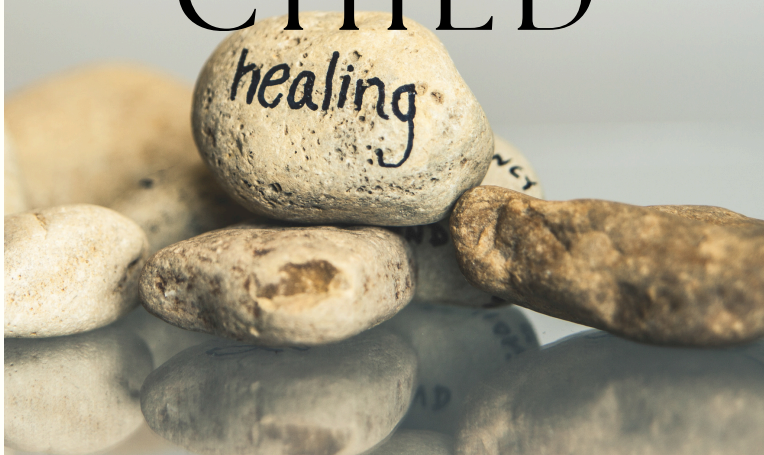


FORGIVENESS LOVE ACCEPTANCE APOLOGIES

TAKE CARE OF THE

INNER CHILD



Let us nurture the tender spirit of our inner child!

FORGIVENESS, LOVE, ACCEPTANCE, APOLOGIES



WWW.HERBSHONEYLOVE.COM

Connecting with your inner child is a powerful way to foster self-awareness and healing. Our inner child represents the part of us that holds our early experiences, emotions, and creativity. By acknowledging and nurturing this aspect of ourselves, we can address past wounds and integrate those experiences into our adult lives positively.

This connection encourages playfulness, creativity, and a sense of wonder, which can enhance our emotional well-being and inspire personal growth. Embracing your inner child helps to cultivate self-compassion and empathy, allowing you to heal and develop a more authentic connection with yourself and others.

To begin this journey, try engaging in activities that you enjoyed as a child, such as drawing, dancing, or exploring nature.

These activities can unlock memories and emotions that have been tucked away, giving you the opportunity to process and appreciate them from a new perspective.

Journaling is another powerful tool; write letters to your inner child, offering reassurance and love, or simply reflect on childhood memories, focusing on the feelings they evoke.

Mindfulness practices, such as meditation or deep breathing exercises, can also facilitate this connection by helping you stay present and attuned to your emotions.

As you explore these practices, be gentle with yourself and approach your inner child with kindness and curiosity.

Remember, the goal is not to dwell on the past, but to integrate those experiences into a richer, more fulfilling present.

By regularly connecting with your inner child, you create a nurturing space for self-discovery and healing, allowing your true self to shine and fostering deeper connections with those around you.



Index of Reflections & Prompts

Herbs Honey Love Healing Journal by Sauda

Self-Paced Learning Guide

How do I move through this journal without pressure?

Inner Child Healing Activities

Little Me Day Schedule

How can I create a full self-care day just for my inner child?

Weekly Inner Child Check-In

How am I nourishing Little Me this week?

Inner child Index

How Long Does This Pain Last?

Why does it still hurt, and when does it get better?

I Forgive Myself For What I Tolerated

How can I release shame about my past?

What Emotions Might I Feel While Healing?

What should I expect to come up on this journey?

What Can I Say to a Child to Protect Them?

How do I break cycles with the next generation?

Are you
READY



Most people, when reflecting on childhood pain, often wish they had done or had the tools to:

1. Speak up for themselves – Many wish they had voiced their feelings, said “no,” or asked for help when something felt wrong.
2. Set boundaries – They wish they had known it was okay to say “I don’t like that” or “Please stop” without feeling guilt or fear.
3. Trust their intuition – That gut feeling? Many wish they had listened to it sooner instead of ignoring discomfort for the sake of being polite or accepted.
4. Tell someone safe – A lot of people wish they had confided in a trusted adult, teacher, or counselor when they were hurting.
5. Believe in their worth – Some wish they had known they were enough, even when others didn’t treat them that way.
6. Protect their joy – People often wish they had held on tighter to their creativity, playfulness, or dreams instead of dimming themselves to fit in or survive.
7. Recognize that the hurt wasn’t their fault – Much grow up blaming themselves for the actions of others, wishing they had understood earlier that it wasn’t about them

VISUALIZATION PROMPT

Picture your inner child — maybe small, maybe shy,
maybe glowing — standing in front of you.

Reach out your arms in your mind.

Offer them a hug — no forcing, no rushing — just
offering.

Maybe they run into your arms.

Maybe they take a step closer.

Maybe they just look at you with soft, wondering eyes.

All of it is perfect.

Hold space.

Breathe together.

And whisper — inside yourself or out loud:

“I see you.

I love you.

I’m never leaving you again.”

Breathe that promise deep into your body.

Feel your heart expanding like soft sunlight.

When you’re ready, very gently open your eyes.

Place both hands together over your heart.

Feel the warmth you created — the safe place you are.

Your hug is always here.

You are your own safe home.

You are love.

How to Use This Journal

Self-Paced: There's no rush. Some questions may take days or weeks to answer. That's okay.

- Gentle Honesty: Answer with kindness. No need to judge your feelings.
- Repeat As Needed: Some prompts may call you back again and again.

Mandatory

- Journal & quite time to think

Optional Rituals:

- Light a candle. Play soft music.
- Hug yourself when you write.

Honor Your Emotions:

- Cry if you need to.
- Laugh if you want. Let it be .

“Your inner child remembers who you were before the world asked you to shrink.



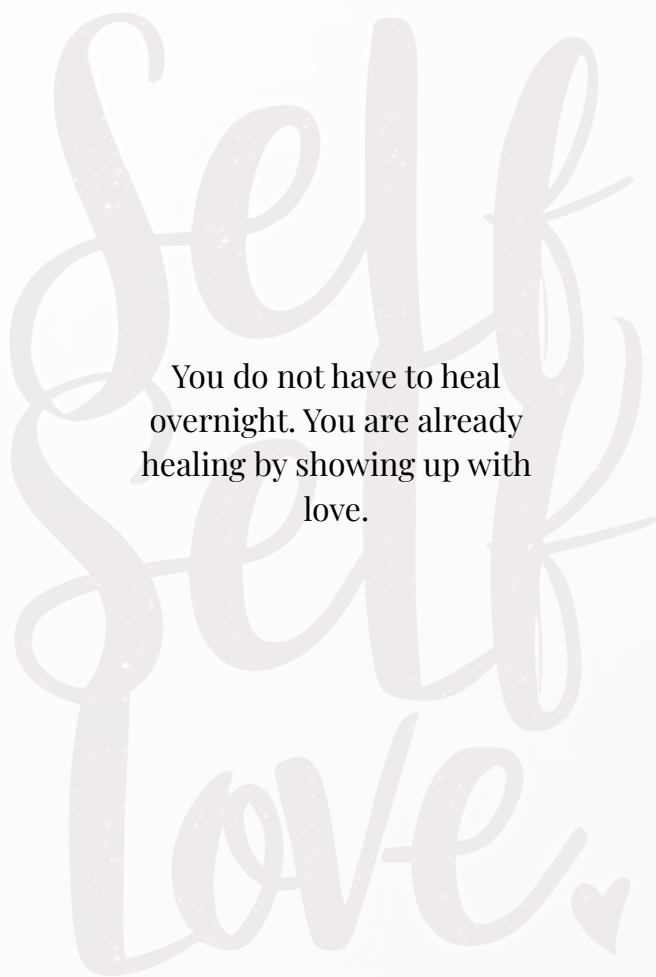
Dear Me,

I wasn't sure how to reach out to you. I apologize for taking so long to offer you comfort. There are some parts of me that wanted you to check on me. I was not sure if I was ready to nourish myself.


I am hurting, and I am glad you are here to hear about it. I don't know what it means to heal or what it looks like. I know that healing does not look like perfection and I am not defined by the wounds I carry. I still feel tangled in my emotions. I am scared and nervous . I dont know to expect !

All I know is I am ready to be free. There are so many relationships I sabotaged, and it's been painful for me to express myself. I never was able to love myself fully and definitely not love others. I am so excited to read the letter you will write to me. We can get through this together.

I love you.



You do not have to heal
overnight. You are already
healing by showing up with
love.

A young child is kneeling on the floor, coloring a large mural of a girl's face. The mural is the central focus, with the girl having long, multi-colored hair and large, expressive eyes. The child is using a blue crayon to color the mural. In the foreground, there is a large sheet of paper with a coloring page of a girl's face, similar to the mural. Various colored crayons are scattered on the paper. The background shows a room with a colorful wall and a window.

1. Grab a Coloring Book and Let Your Imagination Play

- Use crayons, markers, or colored pencils — no perfection allowed!
- Pick the colors that feel happiest to you.

2. Go to the Park and Get on the Swings

- Swing as high as you can.
- Let your legs kick the air and feel freedom again.

3. Recreate Your Favorite Childhood Outfit

- Think of a favorite dress, sneakers, jacket, or playful hat you loved.
- Wear it with pride, even if it's just around the house!

4. Watch Your Favorite Childhood Cartoon

- Saturday morning style — cereal or tea in hand.
- Laugh and feel the magic of simple stories again.

5. Read the Comics

Grab a newspaper, a comic book, or find old strips online.

Let yourself chuckle at silly jokes and drawings.

6. Make Your Favorite Childhood Breakfast, Lunch, or Dinner

Pancakes for dinner? PB&J for breakfast? Go for it!

Food has deep memory healing power.

7. Buy a Special Set of Pajamas Just for Your Inner Child

Pick something cozy, soft, playful — stars, unicorns, bright colors — whatever your inner child loves!



8. Dance to Your Favorite Childhood Songs

Create a “little me” playlist.

Dance wildly and offbeat in your living room.

9. Draw with Sidewalk Chalk

Write love notes to yourself on the driveway or sidewalk.

10. Build a Blanket Fort

Yes, even as an adult! Cozy up inside with a book, snacks, and fairy lights.

11. Adopt a Stuffed Animal or Doll for Your Inner Child

- It’s not “childish” — it’s sacred.

Pick one that feels nurturing and keep it somewhere visible.

Grab some bubbles
Simple joy. Watch them float and pop without needing a
reason.





“Reparenting isn’t about blame — it’s about becoming the love you didn’t receive

REPARARENTING



IS NOT BLAME



Dear Parent ,

There are things i have carried for a ong time that I need to name.
Your absence shape me in ways I did not fully understand until I became older. I
needed you moments when you were not there... FILL in your reason why,

I created question and hurt that held inside.
I want you to know your absence mattered. It left spaces in my life that I worked
hard to fill on my own.

Some that made me strong and some that made me tired.

I am not writing this to blame you.

I am writing because honestly its healing for me. I needed you to show up, to
guide me ans protect and see me>
when you were not there, I learned to survive in ways that sometimes cost my
peace.

I am choosing to speak this now because I am ready to acknowledge my hurt I
deserve clarity. I deserve to release what I have been carrying.
I am open to understanding, but i will not shrink myself to avoid uncomfortable
truth

Take a moment to acknowledge your hurt.
I hope you can find a way to understand my perspective as well. This letter is n


I want you to know that despite everything, I have grown and learned. I have
found strength in my own resilience and in the support of those around me.
This journey has taught me to be empathetic and to cherish the relationships I
have.

Be prepared to move forward, with or without the answers

You may never receive the apology or the conversation. Read it outloud
as if they can hear you



“Some days you’ll nurture, some days you’ll rest, and both are sacred.”



SOME DAYS
NURTURE,
SOME
REST

Section 1: Meeting Your Inner Child

Theme: Awareness & Compassion

Reflection:

Imagine your younger self sitting across from you.

What do they look like? What emotions are they carrying?

Affirmation:

“I am safe to meet myself with kindness.”

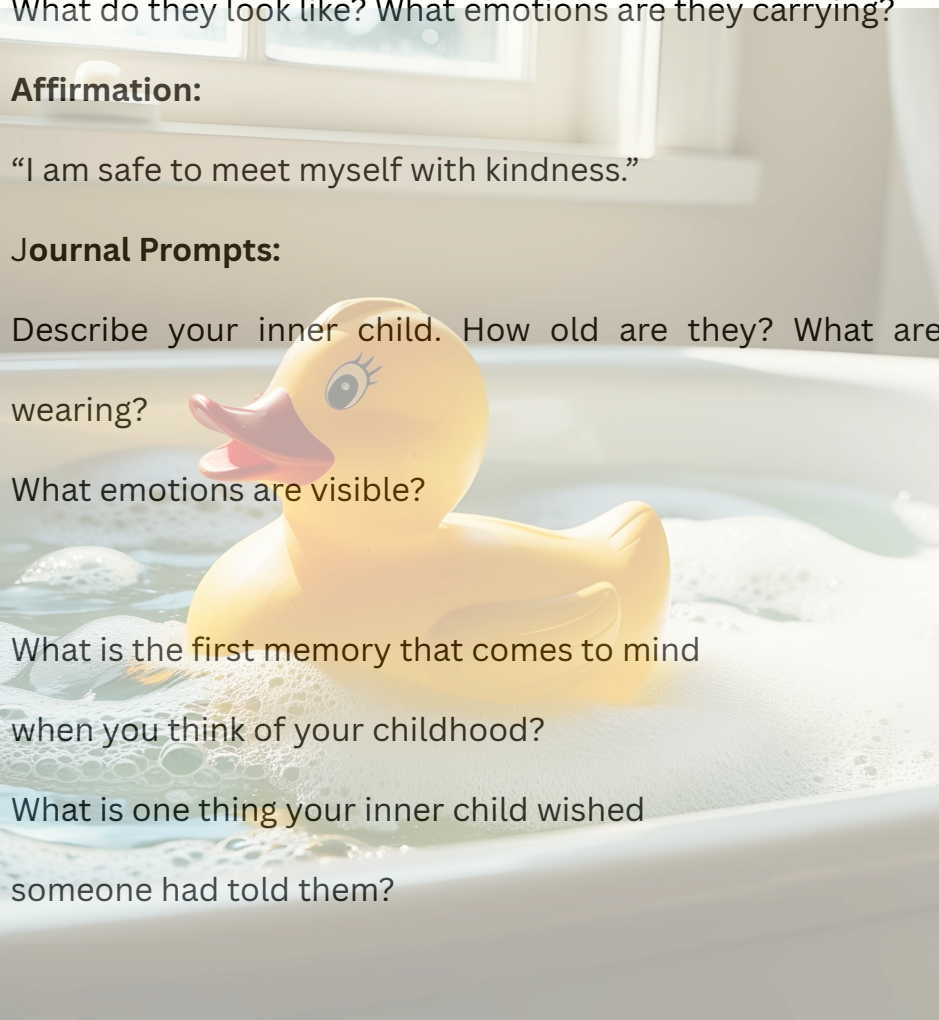
Journal Prompts:

Describe your inner child. How old are they? What are they wearing?

What emotions are visible?

What is the first memory that comes to mind when you think of your childhood?

What is one thing your inner child wished someone had told them?



STOP APOLOGIZING

“THE MOMENT YOU STOP APOLOGIZING FOR YOUR
SENSITIVITY, YOUR INNER CHILD STARTS TO
BREATHE AGAIN.”

Section 2: Healing Wounds

Theme: Acknowledgment & Release

Reflection:

Our wounds are not our fault, but they do need our attention.

Affirmation:

“I allow myself to feel and heal.”

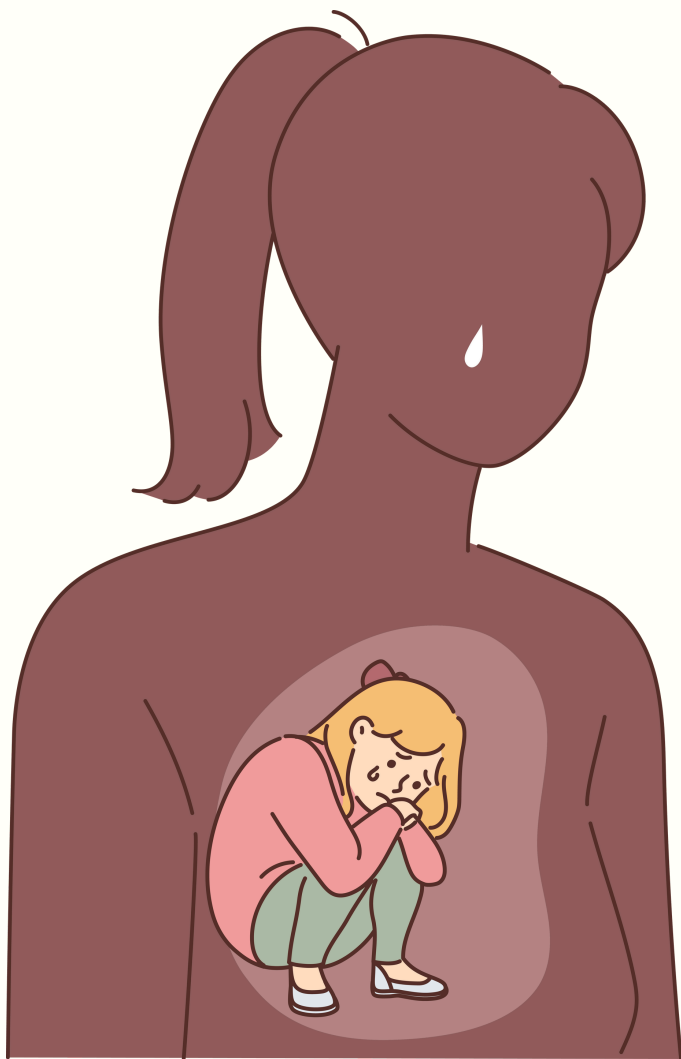
Journal Prompts:

What experiences made you feel unseen or unheard as a child?

What beliefs about yourself did you pick up because of those experiences?

If you could rewrite the ending of a painful memory,

what would you change?



Don't be afraid to cry. Tears are a natural way for us to express our emotions and release the burdens we carry inside. They can be a source of healing, offering a sense of relief and clarity. Allowing ourselves to be vulnerable and open can foster deeper connections with others and help us understand our own feelings more fully. Remember, showing your emotions is not a sign of weakness, but rather a testament to your courage and authenticity.

Hello,

I wanted to take a moment to check in with you.

Take a deep breath.

Now, take another.

That's it—you're present, and that alone time is significant.

Today, I honor the child within me—
the one who yearned to be heard,
to be embraced,

Check-In:

How am I feeling emotionally right now?
joyful, heavy, anxious, playful, sad...)

What did I need as a child that I can provide for myself today?
(attention, safety, freedom to be creative, affection...)

Have I spoken kindly to myself today? If not, what would I say to
my younger self at this moment?

“I’m proud of you.”

“You didn’t deserve what happened.”

“You are safe now.”

YOU
ARE
SAFE
NOW.

A yellow rubber duck with a large eye and a red beak is floating in a white bathtub. The water is filled with white foam, and the background is a soft-focus view of a bathroom.

SECTION 3: REPARENT YOURSELF : SAFETY & SELF-LOVE

Reflection:

You can become the loving presence you always deserved.

Affirmation:

“I am the love I needed.”

Journal Prompts:

What are 5 things you needed from adults when you were little that you
always receive?

What would “nurturing yourself” look like today?

Write a letter to your inner child promising them what you will do now to protect
and love them.

Whats one playful activity I can engage in to connect with my inner child?

(coloring, dancing, singing, watching a favorite cartoon, blowing bubbles...

Guidance:

You do not need to have everything figured out.

Simply show up—gently and consistently.

Your inner child does not seek perfection;
they only wish to know that you are not abandoning them.

Gratitude:

Thank you for being present today.

Thank you for listening to the parts of yourself that once felt overlooked.

Thank you for embodying the love, the voice, the safe embrace that your inner child needed all along.

Affirmation:

“I am my own safe haven. I listen, I soothe, I heal.

I welcome my inner child with compassion and joy.”

SECTION 4: CELEBRATING INNOCENCE

Theme: Joy & Playfulness

Reflection:

Healing is not only about pain — it's about reclaiming JOY.

My spirit is still playful and free.”

Journal Prompts:

What activities made you feel alive and joyful as a child?

How can you bring some of that playfulness into your life now?

List 10 small things that make you feel wonder and magic.

YOU ARE NOT JUST HEALING FOR YOURSELF — YOU
ARE HEALING BACKWARDS AND FORWARD
THROUGH TIME.”



You Are Free to Be Different

By Sauda | Herbs Honey Love

You were created to be different—

Your DNA says so.

So why dim your glow,

Just to blend into a boring show?

Take off the mask, release the disguise,

Let your truth dance—don't ever compromise.

You are stardust in motion,

You are Magi in other words a potion.

Stop trying to be like everyone else—

There's beauty in being your true self.

Let your aura speak without a sound,

Your light is meant to shine all around .

The stars reflect in your eyes,

A galaxy unchained by earthly lies.

So walk bold, walk free,

And honor the masterpiece you are destined to be ! 32

Final Page: Love Letter to Your Inner Child

Prompt:

Write a heartfelt letter to your inner child, acknowledging their bravery, beauty, and resilience. Let them know they are never alone.



Soft Guided Hug for Inner Child Healing

(Herbs Honey Love Meditation Script)

Begin by finding a cozy place to sit or lie down.

Let your body be held — by a chair, a couch, a bed, the earth.

Close your eyes gently.

Place one hand over your heart.

Place your other hand over your belly.

Take a slow, deep breath in...

And as you exhale, imagine golden honey light surrounding you.

Breathe in again — slower this time.

Imagine that with each breath, you are wrapping yourself in the softest, warmest hug.

Say softly to yourself — or imagine me whispering to you:

You are safe.

You are loved.

You are held.

You are seen.

You are enough — just as you are.



Thank you for showing up for yourself. Feel free to repeat any of the activities in the guide.

I hope you can incorporate these practices into your healing journey

As always be kind to yourself , and remember that progress is a personal path that unfolds at its own pace. It's important to celebrate even the smallest victories, as each step forward is a testament to your strength and resilience.

Surround yourself with positivity and seek support when needed.

You are capable of amazing things, and your journey is uniquely yours. Keep nurturing your mind, body, and spirit, and know that you are deserving of all the love and care you give to yourself. Stay patient, stay hopeful, and continue to embrace the beautiful unfolding of your transformation.

With Kindness

Sauda

www.herbshoneylove.com