

Reparenting the Wounded Inner Child

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Human children are born without any means to defend themselves or face the world. Children are totally dependent upon their parents for love, acceptance, and shelter. Sometimes parents fail to provide the emotional, psychological, and physical shelter required for healthy children. This results in adults who are traumatized and who remain forever ruled by an inside force—the wounded inner child.

There is a method for adults who were traumatized and not parented in childhood. It is called reparenting. This article will explore reparenting as a solution to the many damaging effects leftover from original parenting gone awry.

The Wounded Inner Child

The inner child lives in each human in our unconscious. Painful, traumatic experiences, along with a lack of nurturing by dysfunctional parents, leave deep wounds in the inner child, and this, in turn, contaminates adult behaviors.

How Does Reparenting Work?

- Use self-talk and meditations to communicate with your inner child.
- Use positive affirmations such as “I am a good person.”

- Give rewards to your inner child every day.
- Get plenty of sleep.
- Write in a reparenting notebook a daily to-do list and celebrate when you have completed the tasks.
- Practice mindfulness to remain present.
- Tell your inner child that you love her even if it feels awkward.
- Talk to your inner child about the good things that happened to her in childhood.
- Make new “good” memories and traditions with your inner child.
- Set limits with your inner child. (Love her, but don’t give her the keys to the car.)

Reparenting Affirmations

- I am so glad you were born.
- You are a good person.
- I love who you are and am doing my best to always be on your side.
- You can come to me whenever you’re feeling hurt or bad.
- You do not have to be perfect to get my love and protection.
- All of your feelings are okay with me.

- I am always glad to see you.
- It is okay for you to be angry, and I won't let you hurt yourself or others when you are.
- You can make mistakes – they are your teachers.
- You can know what you need and ask for help.
- You can have your own preferences and tastes.
- You are a delight to my eyes.
- You can choose your own values.
- You can pick your own friends, and you don't have to like everyone.
- You can sometimes feel confused and ambivalent and not know all the answers.
- I am very proud of you.
- I am glad you were born.

Edited by Susan Peabody