

INNER CHILD CARE

NURTURE



You are lovable.
You are worthy.
You are unique.
You are deserving.
You matter.

I am sorry...
...you had to go through this.
...you were treated like that..
... you were dismissed.
...you were hurt.
... you were alone.

I care about you.
You are not invisible..
Your needs are important to me.
It is okay to feel sad, scared,
guilty, ashamed or angry.

You are connected.
People care about you.
You can reach out to
people.

I am here for you.
I will not leave you.
You are not alone.

You fit in more than you think.
People want to get to know you.
You are a great person to spend
time with.
You have value to share.

CONNECTION



SAFETY



The adults will take care
of adult stuff now - you
are not responsible for
everything.

You are safe.
It will be okay.
Nothing can hurt
you here.

You don't need to be
afraid anymore.
You can speak your mind.
I am not here to hurt you.
Your emotions are safe
with me.
I promise to be careful.

You are good
enough.
You are capable
You don't have to
be perfect.
I believe in you.

It's okay to...
...make mistakes
...say no.
...take care of yourself.
...enjoy yourself.
...take a break.
...be human.

You have...
... rights & needs
...strength & courage
...resilience

VALIDATION

