

ON WOUNDED CHILD WORK

GIVING LOVE TO THE HURTING PART OF YOUR SOUL

WHAT IS THE WOUNDED CHILD?



Your **Wounded Child** is a technique for first understanding, and then healing from childhood experiences.

- Focused on meeting the needs of your ‘inner child,’ whose needs were not met growing up
- Can be centered on isolated experiences, relationships, or themes from childhood and adolescence
- Everyone’s wounded child is different

WHAT DOES MY WOUNDED CHILD LOOK LIKE?



Think about yourself as a child...

- What was it like when you experienced hardship?
- What was it like being a child in your household?
- What did you do when you felt small?
- Did you have any comforts (blankets, stuffed animals, etc)?
- What was your favorite outfit, and how did wearing it make you feel?
- Where did you go when you needed some time alone?

So... WHY WOUNDED CHILD WORK?



Your Wounded Child can help you explore:

- Why some situations are so triggering for you
 - Is your Wounded Child afraid of the past repeating itself?
- Why you respond so intensely to these triggering situations
 - How did your Wounded Child protect themselves in the past?
 - Is this pattern repeating in the present?
- How your wounded child got their needs met, and is this in alignment with how you want to get your needs met today?
- Who/What are triggers for my wounded child?
 - Do I find myself falling into patterns with specific people
 - IE - my parents, siblings, old friends, etc

So... WHY WOUNDED CHILD WORK? (CONT'D)



- When did my Wounded Child first appear?
 - Is there some healing I need to address so I might be more present in my life and relationships today?
- What environment does my Wounded Child need to feel safe?
 - What happens when my Wounded Child does not feel safe?

Remember: If you've experienced childhood trauma - these questions may be best addressed in session with structured therapeutic support.

SO, HOW DO I GET STARTED?



1. Bring your thoughts to our sessions together.
Together we can:
 - a. Understand who your wounded child is
 - b. What they might need to begin to heal
 - c. Come up with care strategies for your child
2. Read Alice Miller's The Drama of the Gifted Child
3. Get a physical representation of your wounded child
 - a. Could be a picture, a token, or a doll (doll is my personal choice for 'Little Reese')

HOW CAN THIS BENEFIT ME?



Remember: This is a tool that you get to choose to add to your toolbox. It may not be for everyone.

- Knowing your Wounded Child can provide healing from past experiences
- It can allow you to meet your needs you were unable to as a kid
- It can allow additional understanding and compassion for current behaviors (ie - 'Oh! That's why I do that thing!')

REMEMBER ...



YOUR WOUNDED CHILD IS ACTING OUT TO MEET THE
NEEDS THEY WERE UNABLE TO MEET WHEN YOU
WERE A KID



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