

INNER CHILD STARTER GUIDE



**A step-by-step guide
For the woman who feels broken,
but is ready to begin healing.**

**BY MERCY STUBBS,
TRAUMA HEALING EXPERT**

Have You Been Silently Carrying the Weight of Your Childhood?

You smile in photos, show up for others, and get through your to-do list – but deep down, something still aches.

Maybe you've always felt "too much" or "not enough."

Maybe you are a people pleaser, shrink yourself, or constantly doubt your worth.

You're not alone.

So many women silently carry wounds from childhood – moments that seemed small to others, but shattered something inside of us.

- **A raised voice**
 - **The cold shoulder**
 - **Always having to be the "good girl"**
 - **Never being seen, never being heard**
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DOES ANY OF THESE SOUND FAMILIAR?

- You overthink every little thing, replaying conversations in your head.
- You fear abandonment, even in safe relationships.
- You crave validation, yet struggle to believe compliments.
- You either trust too fast... or not at all.
- You feel stuck in cycles of emotional highs and lows.
- You hustle for love, peace, or permission to rest.
- You feel stuck, like everyone has left you behind?

**Feeling any of the above is not
because you're broken.**

**It is because your inner child is
asking to be seen, heard, held, and
finally, healed.**

WHAT IS THE INNER CHILD?

- Your inner child is the part of you that remembers:
- The pain of being ignored
- The confusion of being punished for crying
- The loneliness of feeling invisible
- The Trauma of having an Emotionally Unavailable Parent

That Inner child still exists within you, not as a weakness, but as a doorway to healing.

When we reconnect with her, we don't just understand ourselves better...

We reclaim our joy, safety, and self-worth.

WHAT THIS GUIDE WILL HELP YOU WITH

1. Understand the signs your inner child is wounded
2. Learn how childhood trauma may still shape your emotions today
3. Discover 3 beginner practices to start reparenting your inner child
4. Receive journal prompts to connect with the little girl inside you
5. Feel seen, validated, and less alone in your healing journey

A MESSAGE FROM MERCY

I created this guide not just as a coach, but as a woman who has lived through it.

I know the feeling of looking “fine” on the outside and falling apart inside.

I’ve been the strong one. The silent one. The one who didn’t know where to begin.

❤️ Healing is possible. And you don’t have to do it alone anymore.

This is your first safe step toward freedom.

READY TO BEGIN?

Your healing matters.

Your story matters.

And your inner child is so worthy of love.

QUICK START PRACTICES

1. RECOGNIZE YOUR INNER CHILD'S VOICE

Notice those times when you feel triggered, unworthy, or overly emotional; this is the voice of your inner child asking for care.

2. CREATE A SAFE INNER SPACE FOR YOUR INNER CHILD

Visualize a cozy or peaceful place in your mind (like a beach or garden) to meet your inner child.

3. WRITE A LETTER TO YOUR INNER CHILD

Begin: "Dear Little Me..."

Say what you wish someone had told you.

Be gentle and honest.

4.

BEGIN TO REPARENT YOUR INNER CHILD

Reparenting means giving yourself what you didn't receive as a child.

Examples include:

- Healthy boundaries
- Positive affirmations
- Playful activities
- A calming bedtime routine

5.

STAY CONSISTENT

Healing is a journey.

Use:

- Daily check-ins
- Journaling
- Mirror affirmations

...to remind your inner child that she is no longer alone.

Conclusion and Next Steps

You've taken your first brave step – and that matters more than you know.

Maybe for the first time, you paused... listened inward... and gently met the little girl inside you. That part of you who's been waiting to be seen, soothed, and loved.

You are not broken.

You are not "too sensitive."

You are a woman whose heart learned how to survive, and now, you are choosing to heal.

Healing your inner child isn't about fixing who you are.

It's about returning to the truth of who you've always been – worthy, lovable, enough.

Let this guide be your beginning, not your end.

Your Next Steps:

✦ Revisit This Guide Often

Use it as a soft place to land whenever life feels heavy. Healing isn't linear — some days will feel lighter than others, and that's okay.

✦ Start a Gentle Journaling Practice

Write to your inner child weekly. Ask her how she feels. Remind her she is safe now.

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For weekly tips, affirmations, and healing tools, find me on Instagram or visit www.thescienceofhealings.com.



Mercy Stubbs

Mercy Stubbs is a Trauma Healing Expert, certified inner child healing coach, and the heart behind Heal With Mercy™. Drawing from her own journey through childhood adversity, Mercy helps women reconnect with their inner child, reclaim their voice, and heal emotional wounds through neuroscience-informed and soul-led practices.

Email: mercy@thescienceofhealings.com

Website: www.thescienceofhealings.com

