



Affirmations for the Inner Child

- I was born innocent and open
- As an infant, my eyes, ears and mind were wide open
- The child I once was, is alive within me right now
- I am still an open, innocent child deep within myself
- Within my innocent, open self, I feel a natural and spontaneous love for the world
- I was born with the ability to love
- Deep within me, what I want most, is to love and be loved
- It is completely natural for me to need and experience love
- The child inside is innately good and totally innocent
- In my innocence I am free
- I release the need to limit myself in any way
- My child inside is soft, warm and emotional
- As an adult, it is my job to be the advocate and voice, to care for the child within me
- My relationship with my inner child, is my relationship to the deepest part of myself
- My inner child is completely dependent on me
- I have no need to hurt or limit myself in any way
- I am a loving and nurturing ally for my inner child
- I love and accept myself just as I am
- I love the innocent, open child that is within me
- I have no need to limit the amount of love I give or receive
- My inner child has endless resources of spontaneous, creative thoughts and feelings
- By loving and caring for my inner child, I am adding to my creativity and spontaneity
- At the heart of a person, all we want is to be happy and well loved.