

HEALING YOUR INNER CHILD

E-Guide



By Denise Nicole
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Hello, I'm

DENISE NICOLE

Your New Hype Girl and Self Worth Coach. I help women heal from toxic behaviors to develop healthy relationships, have a life worth living and to truly understand her worth.

If you're sick and tired of being sick and tired and want to make changes to truly live and not just exist...you are in the right place girlfriend! Here we will evolve, learn our triggers and react differently to them, get our emotions under control, reparent our inner child, become self aware and love ourselves fiercely. We will show up daily and be ready for a healthy relationship, when the time is right. And if you are in a relationship we will show you how to create healthy boundaries to have a thriving one!

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INNER CHILD

Healing

Inner child healing is a process that involves identifying and healing the emotional wounds that were created in childhood. It's based on the idea that the experiences we had in childhood can have a lasting impact on our emotions, beliefs, and behaviors as adults.

The inner child is a psychological concept that represents the childlike part of ourselves that remains within us as we grow up. This inner child can become wounded or traumatized when we experience difficult or painful events in childhood, such as abuse, neglect, or loss. These emotional wounds can then affect our thoughts, feelings, and behaviors as adults.

Inner child healing can involve a variety of techniques, including therapy, meditation, journaling, creative expression, and inner child work. Inner child work involves connecting with your inner child, acknowledging their pain and emotions, and working to heal and re-parent them.

Some common practices in inner child healing include visualization exercises to connect with your inner child, journaling to explore your emotions and memories from childhood, and creative expression through art, music, or movement. Therapy can also be a helpful tool for inner child healing, as it provides a safe and supportive space to process and work through past traumas.

Overall, the goal of inner child healing is to cultivate a deeper understanding and acceptance of oneself, to heal past emotional wounds, and to create a more compassionate and nurturing relationship with oneself.

7 STEPS FOR INNER CHILD HEALING

Let's Grow!

Here are 7 steps that can help with inner child healing:

1. **Acknowledge the pain:** The first step in inner child healing is to acknowledge the pain that your inner child may be carrying. This can be challenging, but it's important to recognize and accept the emotions and memories that are surfacing.
2. **Identify the triggers:** Notice the situations or events that trigger your inner child's pain. This could include certain people, places, or circumstances that remind you of past traumas. Once you can identify these triggers, you can work to avoid them or prepare yourself to manage them better.
3. **Connect with your inner child:** As I mentioned in the previous answer, visualization techniques can help you connect with your inner child. You can also try other techniques such as journaling, creative expression, or therapy to connect with and understand your inner child's emotions and needs.
4. **Practice self-compassion:** As you work on healing your inner child, it's important to practice self-compassion. Be kind and gentle with yourself, and acknowledge that healing is a process that takes time and effort.
5. **Identify your core beliefs:** The beliefs that you formed as a child can continue to influence your thoughts and behaviors as an adult. Identify any limiting beliefs that are holding you back, and work to challenge and change them.
6. **Re-parent your inner child:** As part of inner child healing, you may need to re-parent your inner child. This involves providing the love, support, and protection that you may have missed out on as a child. Talk to your inner child and provide them with the reassurance and guidance they need.
7. **Create healthy coping mechanisms:** Finally, as you work on healing your inner child, it's important to develop healthy coping mechanisms to manage stress and difficult emotions. This could include practices such as mindfulness, meditation, exercise, or talking to a therapist. Developing these skills will help you to better manage the triggers and emotions that can arise as you work on inner child healing.



ACKNOWLEDGE THE PAIN

Practice self-care: Take care of yourself physically, mentally, and emotionally. This may involve getting enough sleep, eating nutritious foods, engaging in activities that bring you joy, and seeking out supportive relationships.

Seek out professional support: Consider seeking out the help of a therapist or counselor who specializes in inner child healing. They can provide guidance and support as you work through your emotions and begin the process of healing.

Remember that acknowledging the pain of your inner child is a process, and it may take time to fully confront and process your emotions. Be patient and kind with yourself, and trust that you have the inner strength and resilience to heal and move forward.



ACKNOWLEDGE THE PAIN

Sit with your emotions: Take some time to sit quietly and tune in to your emotions. Allow yourself to feel whatever comes up, without judgment or resistance. You may find it helpful to journal your feelings or talk to a trusted friend or therapist. (Ex: Sadness, anger, fear, shame, guilt, regret, hope etc...)

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Validate your emotions: Once you've identified your emotions, give yourself permission to feel them. It's important to acknowledge that your feelings are valid, and that it's okay to experience them.

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Give yourself compassion: Treat yourself with compassion and kindness, as you would a friend who is going through a difficult time. Remember that your inner child is still a part of you, and deserves your love and support.

IDENTIFYING TRIGGERS

Identifying triggers is an important step in inner child healing, as it allows us to recognize the events, situations, or people that may be causing us to relive painful experiences from our past. Here are some tips for identifying triggers:

Notice your emotional reactions: When you experience an intense emotional reaction to something, such as anger, fear, or sadness, take note of the situation or event that preceded the emotion. This can help you identify potential triggers.

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Identify patterns: Look for patterns in your emotional reactions. Do you tend to feel anxious or upset in certain situations or around certain people? This can be a sign that these situations or people are triggering for you.

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IDENTIFYING TRIGGERS

Pay attention to physical sensations: Sometimes our bodies can give us clues about our triggers. For example, you may notice that you feel tense or have a racing heartbeat in certain situations, which could be a sign of a trigger.

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Examine your past experiences: Reflect on past experiences or traumas that may be influencing your emotional reactions. Often, our triggers are linked to past experiences that were overwhelming or traumatic.

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Remember that identifying triggers is an ongoing process, and it may take time to fully understand what is causing your emotional reactions. Be patient with yourself, and trust that with time and support, you can heal and move forward.

CONNECT WITH YOUR INNER CHILD

Visualization techniques can help you connect with your inner child. You can also try other techniques such as journaling, creative expression, or therapy to connect with and understand your inner child's emotions and needs.

Let's try a visualization technique.

In this exercise, you would find a quiet and comfortable place to sit or lie down and close your eyes. Take a few deep breaths and allow yourself to relax. Imagine a younger version of yourself standing in front of you. This is your inner child. Look at your inner child and observe them without judgment. Notice how they look, how they're dressed, and how they're feeling. Allow yourself to feel any emotions that arise as you connect with your inner child.

Now, imagine yourself walking over to your inner child and kneeling down to their level. Imagine wrapping your arms around them in a warm and comforting embrace. Tell them that you love them, that they're not alone, and that you're there to support and protect them.

Next, ask your inner child what they need from you. Listen to what they have to say, and respond with kindness and compassion. You might say something like, "I understand that you're feeling scared, and I'm here to keep you safe." Or, "I'm sorry that you had to go through that. I'm here to help you heal."

As you continue to talk with your inner child, allow yourself to feel any emotions that come up. It's okay to cry, to feel angry or sad, or to experience a sense of relief or joy.

When you're ready to end the visualization, take a few deep breaths and slowly open your eyes. Take a moment to reflect on what you experienced and how you're feeling.

This visualization exercise is just one example of inner child work. It can help you to connect with your inner child, acknowledge their pain and emotions, and work to heal and re-parent them.

PRACTICE SELF-COMPASSION

Be Kind!

Practicing self-compassion involves treating yourself with kindness, care, and understanding, just as you would treat a friend or loved one who is going through a difficult time. Here are some ways to practice self-compassion:

Be mindful: Pay attention to your thoughts and emotions and try to become aware of when you are being hard on yourself. Recognize that negative self-talk and self-criticism are not helpful or productive.

Practice self-kindness: Be gentle and supportive with yourself, just as you would with a friend who is going through a tough time. Speak to yourself with kindness and empathy.

Validate your feelings: Acknowledge and validate your emotions, even if they are difficult or uncomfortable. Remember that it's okay to feel what you're feeling and that your emotions are valid and important.

Practice self-care: Take care of yourself physically, emotionally, and mentally. This can include getting enough rest, eating healthy foods, engaging in physical activity, and doing things that bring you joy and pleasure.

Reframe negative thoughts: When negative thoughts or self-criticism arise, try to reframe them in a more positive and compassionate way. For example, instead of saying "I'm so stupid for making that mistake," say "It's okay to make mistakes, and I can learn from this experience."

Forgive yourself: Forgive yourself for past mistakes or failures. Remember that everyone makes mistakes and that they are an important part of the learning and growth process.

Remember that self-compassion is a practice, and it may take time and effort to develop. Be patient and kind with yourself, and seek the help of a therapist or counselor if you need additional support.

IDENTIFY YOUR CORE BELIEFS

The beliefs that you formed as a child can continue to influence your thoughts and behaviors as an adult. Identify any limiting beliefs that are holding you back, and work to challenge and change them. Identifying your core beliefs can be a helpful step in understanding yourself and your thought patterns. Here are some steps to identify your core beliefs:

Pay attention to your thoughts: Begin by paying attention to your thoughts and the messages you give yourself throughout the day. Notice when you have strong emotional reactions to certain situations or people, and try to identify the underlying beliefs that are driving those reactions.

Look for patterns: Once you've identified a few beliefs, look for patterns in your thinking. Ask yourself if these beliefs are consistent across different areas of your life, or if they are specific to certain situations.

Ask why: Ask yourself why you believe these things. What experiences or messages from your past may have contributed to these beliefs? Are these beliefs based on facts or assumptions?

Challenge your beliefs: Consider whether your beliefs are helpful or harmful to you. Are they limiting your growth and potential? Challenge your beliefs by asking yourself if they are true, and what evidence you have to support them.

Reframe your beliefs: If you identify negative or limiting beliefs, reframe them in a more positive and helpful way. For example, if you believe that you're not good enough, reframe that belief to "I am worthy and capable."

It's important to approach this process with curiosity and compassion, and to seek the help of a therapist or counselor if you need additional support. Identifying and reframing your core beliefs can be a challenging process, but it can also be a powerful tool for personal growth and transformation.

IDENTIFY YOUR CORE BELIEFS

Here are some examples of common core beliefs:

"I am not good enough": This belief often stems from childhood experiences of criticism or failure, and can manifest as feelings of unworthiness and self-doubt.

"I am helpless": This belief can arise from experiences of trauma or powerlessness, and can lead to feelings of anxiety and a sense of being out of control.

"I am unlovable": This belief can develop from experiences of rejection or abandonment, and can lead to feelings of loneliness and difficulty forming close relationships.

"I am a failure": This belief can stem from experiences of repeated failure or criticism, and can lead to feelings of inadequacy and a fear of taking risks.

"I am not safe": This belief can arise from experiences of trauma or abuse, and can lead to feelings of anxiety and hypervigilance.

"I am responsible for everything": This belief can arise from experiences of being a caregiver or having a lot of responsibility as a child, and can lead to feelings of overwhelm and burnout.

"I must always be in control": This belief can develop from experiences of feeling powerless or out of control, and can lead to feelings of anxiety and difficulty delegating tasks to others.

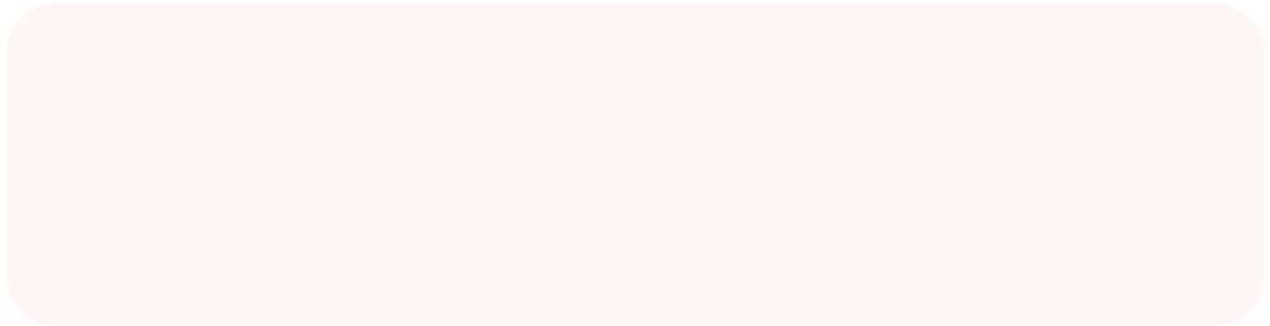
These core beliefs can be deeply ingrained and can shape the way we think, feel, and behave. However, with awareness and effort, it is possible to challenge and change these beliefs in order to live a more fulfilling and satisfying life.

RE-PARENT

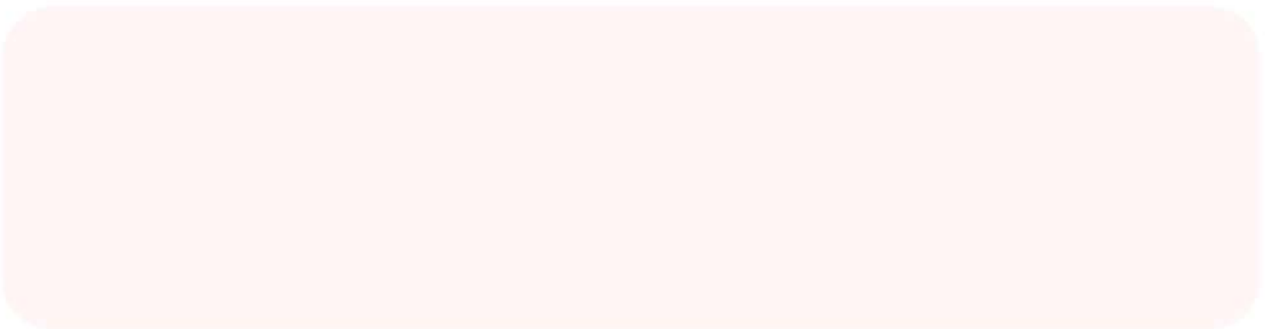
your inner child

As part of inner child healing, you may need to re-parent your inner child. This involves providing the love, support, and protection that you may have missed out on as a child. Talk to your inner child and provide them with the reassurance and guidance they need. Here are some questions you can ask yourself:

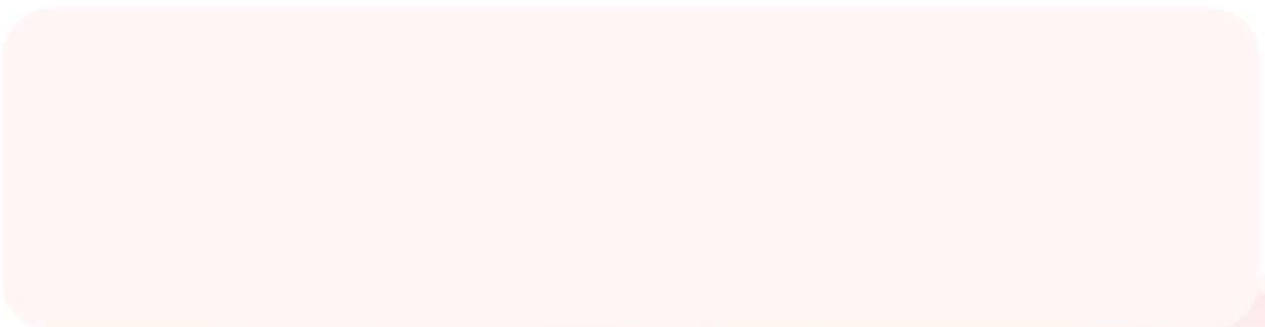
Q1 What emotions or needs did I have as a child that may not have been fully met? How can I fulfill these needs for myself now?



Q2 How can I set healthy boundaries and communicate my needs to others in a kind and assertive way, rather than suppressing my feelings or ignoring my needs?



Q3 What activities or hobbies did I enjoy as a child, and how can I incorporate them into my life now to bring joy and playfulness back into my life?





RE-PARENT

your inner child

Q4 How can I be more patient and compassionate with myself, especially when I'm feeling overwhelmed or triggered?

What are some ways that I can create a safe and nurturing space for myself when I'm feeling anxious or stressed? **Q5**

Q6 What are some messages of support and reassurance that I can offer myself when I'm feeling anxious or down?

HEALTHY COPING *mechanisms*

Creating healthy coping mechanisms is an important part of taking care of yourself and managing stress and difficult emotions. Here are some steps that you can take to create healthy coping mechanisms:

Identify your current coping mechanisms: Take note of the coping mechanisms that you currently use to manage stress, anxiety, or difficult emotions. Are they healthy or unhealthy?

Explore new coping mechanisms: Identify new coping mechanisms that may work better for you. Some examples of healthy coping mechanisms include exercise, meditation, deep breathing, journaling, talking to a friend or therapist, or engaging in a creative activity.

Make a plan: Create a plan for how you will incorporate healthy coping mechanisms into your daily life. Start with small, manageable steps and gradually build up to more challenging tasks.

Stay committed: Consistency is key when it comes to creating healthy coping mechanisms. Make a commitment to yourself to practice your new coping mechanisms regularly, even when you don't feel like it.

MINDFULNESS

breathing techniques

Mindfulness breathing techniques are practices that involve paying attention to your breath and bringing your awareness to the present moment. They can help you reduce stress, anxiety, and other negative emotions, and promote relaxation and a sense of calm. Here are some examples of mindfulness breathing techniques:

1. **Belly breathing:** Place your hands on your stomach and breathe deeply, feeling your belly rise and fall with each inhale and exhale.
2. **Counting breaths:** Count each inhale and exhale up to 10, and then start over again at one.
3. **Box breathing:** Inhale for a count of four, hold for a count of four, exhale for a count of four, and then hold for a count of four before inhaling again.
4. **Alternate nostril breathing:** Use your thumb to close your right nostril, inhale through your left nostril, then use your ring finger to close your left nostril, exhale through your right nostril, and then repeat on the other side.
5. **Mindful breathing meditation:** Sit or lie down in a comfortable position and focus on your breath. Notice the sensation of the air moving in and out of your nostrils, the rise and fall of your chest, and any other physical sensations that arise. If your mind wanders, gently bring your attention back to your breath.

These techniques can be practiced for a few minutes at a time, several times throughout the day, or for longer periods of time during a dedicated meditation practice. The key is to approach them with a non-judgmental attitude, allowing whatever arises in your mind or body to simply be there without trying to change it.

SELF CARE

Checklist

Self-care is an important aspect of maintaining physical, emotional, and mental well-being. Here are some items you may want to include in your self-care checklist:

SELF CARE

- Take breaks and recharge throughout the day
- Get enough sleep
- Eat a balanced & healthy diet
- Exercise regularly
- Help someone with a small task
- Meditate
- Spend time in nature
- Connect with loved ones regularly
- Engage in activities that bring you joy and fulfillment
- Set boundaries to protect your time and energy

SELF CARE

- Buy yourself flowers
- Take a relaxing salt bath or shower
- Practice yoga
- Get a massage
- Listen to calming music or nature sounds
- Learn a new skill or take a class
- Watch a funny movie or show to boost your mood
- Try aromatherapy or diffuse essential oils
- Take a technology break and unplug from social media
- Burn a scented candle



LET'S TAKE SOME TIME TO REFLECT AND JOURNAL



In this final exercise, we will explore some questions that can help us heal from our mother and father wounds. Additionally, we have included a Mindful Breathing Exercise and a Self Care Checklist to provide ourselves with compassion throughout this journey. It is important to note that this process may not be easy and can trigger unhealthy emotions. If you find that this exercise is causing you significant distress, we encourage you to seek support from a therapist or reach out to a trusted friend. Remember that inner work can be challenging, but it is a valuable and worthwhile investment in your well-being.



HEALING

the father wound

By reflecting on your relationship with your father or any significant male figure in your upbringing, you may gain insight into the areas where your inner child is still in need of healing. This can provide valuable understanding of how you perceive men in your life and in what ways you may still be impacted by events from your past.

What kind of relationship did I have with my father growing up?

What were some of the positive and negative experiences I had with my father as a child?

In what ways did my father meet my emotional needs as a child, and in what ways did he fall short?

What are some of the emotions and behaviors that I've carried with me from my childhood that may be related to the father wound?



HEALING

the father wound

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What are some of the ways that I've been impacted by my father's behavior or absence, and how have these experiences influenced my relationships with others?

Was my father able to show love and affection?

How was my father's relationship with my mother/his partner?

In what ways have I been repeating patterns of behavior or relationships that reflect my unresolved father wound?



HEALING

the mother wound

By reflecting on your relationship with your mother or any significant female figure in your upbringing, you may gain insight into the areas where your inner child is still in need of healing. This can provide valuable understanding of how you perceive women in your life and in what ways you may still be impacted by events from your past.

What kind of relationship did I have with my mother growing up?

What were some of the positive and negative experiences I had with my mother as a child?

In what ways did my mother meet my emotional needs as a child, and in what ways did she fall short?

What are some of the emotions and behaviors that I've carried with me from my childhood that may be related to the mother wound?



HEALING

the mother wound

By reflecting on your relationship with your mother or any significant female figure in your upbringing, you may gain insight into the areas where your inner child is still in need of healing. This can provide valuable understanding of how you perceive women in your life and in what ways you may still be impacted by events from your past.

What are some of the ways that I've been impacted by my mother's behavior or absence, and how have these experiences influenced my relationships with others?

Was my mother able to show love and affection?

How was my mother's relationship with my father/her partner?

In what ways have I been repeating patterns of behavior or relationships that reflect my unresolved mother wound?



HEALING

my adult self

Paying attention to the relationship between your present adult self and your inner child is a powerful tool for healing. By doing so, you can identify what your inner child needs from you and take active steps towards healing and improving this part of yourself for good.

How do I perceive my inner child? Do I feel connected to them, or do I struggle to acknowledge or accept their presence?

How does my inner child influence my emotions, beliefs, and behaviors as an adult?

In what ways does my adult self take care of my inner child's emotional needs, and in what ways does it fall short?

How can I learn to listen to and honor my inner child's emotions and needs, even when they may conflict with my adult responsibilities or expectations?



HEALING

my adult self

Paying attention to the relationship between your present adult self and your inner child is a powerful tool for healing. By doing so, you can identify what your inner child needs from you and take active steps towards healing and improving this part of yourself for good.

What was a painfully defining moment I experienced as a child?

What are some of the self-limiting beliefs or patterns of behavior that I developed as a child that may be holding me back as an adult, and how can I challenge and change these beliefs or behaviors?

What are some of the unhealed emotional wounds from my childhood that my inner child still carries with them, and how can I work to address these wounds as an adult?

How can I integrate my inner child's needs and desires into my daily life, while still meeting my adult responsibilities and obligations?

THE SHADOW

inner child

The shadow inner child is a part of you that has been hurt and experienced trauma.

This part of you has unconsciously developed patterns and behaviors as a way to protect yourself from further pain. Despite these protective mechanisms, this wounded part of you remains unhealed and carries the burden of suffering. This can lead to self-sabotage and difficulties in your relationships, ultimately preventing you from living as your best self.

What kind of emotions am I feeling when I'm triggered or in a state of discomfort?

What is the root of those emotions? What is the underlying cause?

What behaviors or patterns do I engage in when I am triggered or in a state of discomfort?

What are the beliefs that underlie those behaviors and patterns?

THE SHADOW

inner child

The shadow inner child is a part of you that has been hurt and experienced trauma.

This part of you has unconsciously developed patterns and behaviors as a way to protect yourself from further pain. Despite these protective mechanisms, this wounded part of you remains unhealed and carries the burden of suffering. This can lead to self-sabotage and difficulties in your relationships, ultimately preventing you from living as your best self.

When was the first time I experienced these emotions or behaviors in my life? What triggered them at that time?

What was I lacking or needing at that time, and how is that need manifesting itself in my life today?

What kind of message did I receive from others or from myself about these emotions or behaviors, and how has that influenced me?

How can I use this awareness to reparent my inner child and move towards healing and growth?



CONNECT

with your inner child

These questions can help you reflect on your childhood experiences and connect with your inner child. It's important to approach these questions with curiosity and openness, and to allow yourself to feel any emotions that may arise as you reflect on your past experiences. You may also find it helpful to journal your thoughts and feelings as you explore your inner child.

What did I enjoy doing as a child?

What were my favorite toys or games?

What was my favorite book or movie as a child?

What did I want to be when I grew up?



CONNECT

with your inner child

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What were some of my favorite memories as a child?

What was a difficult or painful experience I had as a child?

What did I need or want from the adults in my life when I was a child?

What did I believe about myself and the world when I was a child?



HEALING

your inner child

Answering these final questions will help you take a deeper look at your inner child and gain a better understanding of what they truly need in order to heal and lead a self-directed life, free from the limitations of past pain. By having an honest conversation with yourself, you can uncover everything you need to know to move forward on your healing journey.

How would I describe my relationship with myself?

Can I recall a time when I experienced significant self-rejection?

Can I recall a time when I felt a strong sense of self-love?

What repetitive stories, excuses, or lies do I tell myself? How do they affect me?



HEALING

your inner child

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Am I honest with myself? In what ways?

Am I honest with others? How might I improve in this area?

Do I typically express my true feelings and thoughts to others, or do I hold back? Why?

How do I express love toward myself on a regular basis? In what areas could I improve?



HEALING

your inner child

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Where in my life do I struggle to show myself love and compassion?

What aspects of myself do I struggle to accept or like?

Do I typically express my true feelings and thoughts to others, or do I hold back? Why?

What are some concrete actions I can take each day to practice self-care and self-love?



HEALING

your inner child

Answering these final questions will help you take a deeper look at your inner child and gain a better understanding of what they truly need in order to heal and lead a self-directed life, free from the limitations of past pain. By having an honest conversation with yourself, you can uncover everything you need to know to move forward on your healing journey.

What are the excuses that I make for not taking action?

Is there something that I have not forgiven my parents for yet?

Is there something I haven't forgiven myself for yet?

What would it take to forgive?

POSITIVE AFFIRMATIONS

start healing today!

Positive affirmations can be life changing because they help to reprogram our subconscious mind with positive thoughts and beliefs. Our subconscious mind is responsible for controlling our automatic thoughts and behaviors, and it is heavily influenced by our beliefs and past experiences. When we repeatedly affirm positive statements to ourselves, we can begin to change our underlying beliefs and thought patterns, which can lead to positive changes in our lives.

I am worthy of love and respect.

I trust in my ability to overcome any obstacle.

I am capable of achieving my dreams and goals.

I am proud of myself and my accomplishments.

I am grateful for all the good things in my life.

I choose to let go of negative thoughts and emotions.

I am deserving of happiness and joy.

I am confident in my abilities and talents.

I am surrounded by love and positivity.

I trust in the universe to guide me on my journey.

I am enough just as I am.

I choose to see the beauty and goodness in the world.

I am at peace with myself and my past.

I am kind and compassionate towards myself and others.

I am creating a life filled with purpose and meaning.

FIND A THERAPIST OR COACH

Finding a coach or therapist can be a valuable step towards pursuing Inner Child Healing in a safe and supportive environment. Here are some reasons why seeking professional support can be beneficial:

1. **Objectivity:** A coach or therapist can provide an outside perspective on your thoughts, feelings, and behaviors. They can help you identify patterns, blind spots, and areas for growth that you may not be aware of.
2. **Safe space:** Coaches and therapists are trained to create a safe and non-judgmental space where you can explore your emotions, beliefs, and experiences. This can help you feel more comfortable and supported as you pursue self-discovery.
3. **Expert guidance:** Coaches and therapists have specialized training and expertise in helping people navigate personal challenges and achieve their goals. They can provide guidance, tools, and resources to help you make progress towards your goals.
4. **Accountability:** Having a coach or therapist as a supportive accountability partner can help you stay motivated and on track with your self-discovery journey. They can help you set goals, track progress, and stay focused on what's important to you.
5. **Growth and transformation:** By working with a coach or therapist, you can gain a deeper understanding of yourself, develop new skills and perspectives, and make meaningful changes in your life. This can lead to personal growth, transformation, and a greater sense of fulfillment.

Remember, finding the right coach or therapist is important. Look for someone who has experience working with people who share your goals and values, and who makes you feel comfortable and supported. With the right professional support, you can pursue self-discovery in a safe and empowering way.



NEED MORE INSIGHT & SUPPORT?



We hope you enjoyed this guide. Denise Nicole Coaching would love to help you along your journey!! Community is everything! Please be sure to join our online program to surround yourself with other like-minded women who know exactly what you are going through and want to live an intentional life!

THIS INFORMATION IS DESIGNED TO INFORM AND EDUCATE YOU. IT IS NOT MEDICAL ADVICE. YOU SHOULD ALWAYS CONSULT YOUR DOCTOR OR THERAPIST BEFORE STARTING ANY TREATMENT.

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