

Inner Child Healing & Detox Your Relationships Journal

A Sacred Companion to the SIPS Experience Podcast

Reclaim Your Power • Honor Your Inner Child • Reconnect with Safe Pleasure &
Boundaries



Self Love Circle – A SIPS Experience

Name _____ Date _____

Welcome Letter

Dear Beautiful Soul,

Welcome to this sacred journal, created with deep care just for you as a member of the Self Love Circle. This is your personal companion to the Inner Child Healing episode and guided practice.

Here, you will gently meet your inner child, release what no longer serves you, set powerful boundaries, and reclaim the beautiful integration of emotional intimacy and sensual aliveness that is your birthright.

There is no rush. There is no perfect way to do this. Your inner child simply wants to be seen, heard, and loved by the wise, compassionate adult you are today.

Take your time. Be infinitely kind to yourself. Celebrate every small shift.

With love, honor, and deep respect for your courage,

Cylla

How to Use This Journal

Materials: Pen you love, this journal, optional: candle, favorite sip/tea, soft music, cozy blanket.

How to Use:

1. Find a quiet, private space where you feel completely safe.
2. Listen to the guided practice audio first (available in the Patreon feed) if you wish, or work through these pages at your own pace.
3. Write freely — stream-of-consciousness is perfect. Spelling and grammar do not matter.
4. Use the writing spaces generously. Return to pages anytime.
5. Practice the somatic elements (hand on heart/belly, gentle movement, anchoring) as they arise.
6. If intense emotions surface, pause, breathe, and seek support from a trusted friend, therapist, or the Circle community. This is a powerful tool, not a replacement for professional care when needed.
7. Honor your pace. Healing is not linear — it is a sacred unfolding.

You are safe here. You are held.

Connecting with Your Inner Child

Close your eyes for a moment... Imagine a younger version of yourself standing before you. She might be 5, 7, 10, or any age that feels right. Notice what she is wearing, her expression, the energy around her.

1. Describe your inner child right now. How old does she seem? What is she wearing? What is her expression or posture?

2. What emotions, sensations, or memories arise when you connect with her?

3. How does it feel to simply be present with her without judgment?

What Your Inner Child Learned & Needs

1. What did your inner child learn about desire, pleasure, speaking up, or setting boundaries? How does this show up in your relationships or self-connection today?

2. Write a loving letter from your wise adult self to your younger self. Begin with: "Dear little me..."

3. What does your inner child need most right now from you? (Safety, play, rest, validation, gentle touch, to be heard, etc.)

Releasing Shame & Forgiving the Past

1. Are there moments or messages from the past where your inner child felt shamed around her body, desires, voice, or sensuality? What would you lovingly say to her now to release that shame?

2. Complete these sentences:

"I forgive myself for believing _____.
I release the shame I carried around _____.
I am worthy of _____."

Reclaiming Playful Movement & Safe Touch

1. What playful movements, gentle touches, or embodied practices feel good and safe to your body right now? List 5 things:

1. _____
2. _____
3. _____
4. _____
5. _____

2. Choose one and practice it gently right now or today. How did it feel in your body? What did your inner child experience?

Anchoring Safety with Color & Word

1. Choose a color that represents safety, love, and protection for you and your inner child. Describe it and why it feels right.

2. Choose a word or short phrase that anchors safety and belonging.

My anchoring word/phrase: _____

3. How will you remind yourself of this color and word daily? (Wallpaper, jewelry, note in your pocket, spoken aloud, etc.)

Detoxifying Relationships & Sacred Boundaries

1. Which relationships, patterns, or dynamics feel heavy or no longer aligned with your highest good and your inner child's safety?

2. For one or two of them, explore: What would it feel like to stay? What would it feel like to release with love and clear boundaries?

3. List 3–5 boundaries that would deeply protect and honor your inner child (e.g., "I say no to...", "I protect my energy by...", "I only engage when...").

4. Which one boundary will you practice or communicate this week? How?

Reconnecting with Safe Sensuality & Pleasure

1. What does "safe pleasure" mean to you? List sensations, activities, or words that bring you into your body with consent and joy.

2. Where in your body do you notice aliveness, warmth, or pleasure when you think of safe, embodied connection? Describe the sensations.

3. What gentle practices help you reconnect with your body and sensual energy in a safe, honoring way? (Breathwork, mirror work, self-massage, free movement, time in nature, etc.)

Integration & Embodiment

Prompts:

1. After the guided practice or working through these pages, what shifted in your body, emotions, energy, or awareness?

2. What new gift, insight, or message did your inner child offer you?

3. How will you honor and care for her moving forward? What one small, consistent practice will you commit to?

Affirmations to Anchor Your Healing

Read these aloud or write the ones that resonate. Add your own.

- My inner child is safe, seen, and deeply loved.
- I reclaim my body as sacred and my desires as holy.
- Sensuality and emotional intimacy belong together in me.
- I set boundaries with love, strength, and clarity.
- I release what no longer serves me with grace and gratitude.
- I am worthy of safe pleasure, deep connection, and peace.
- My body is a safe home for my spirit.
- I honor my pace and celebrate every layer of healing.
- I am free to choose what feels aligned and nourishing.
- Pleasure is my birthright when it is safe and consensual.
- I am blooming beautifully, one gentle step at a time.

My Personal Affirmations:

Ongoing Practices & Self-Love Rituals

Ideas to continue the work:

- **Weekly inner child check-in** — use the tracker on the next page.
- **Daily anchoring:** Speak your word/color while placing hand on heart.
- **Gentle body practices:** 5 minutes of free movement or self-touch with presence.
- **Boundary practice:** Say one clear "no" or "yes" that honors you.
- **Journaling ritual:** Light a candle and revisit one page monthly.
- **Community:** Share wins or insights in the Patreon Circle (if it feels safe).

My Commitments This Month:

Monthly Inner Child Check-In

Month: _____

Safety rating for my inner child (1-10): _____

One thing I did to honor her this month:

What I am releasing:

What I am reclaiming:

Gratitude note:

Closing & Gratitude

Thank you for showing up for yourself with such courage and tenderness.

Every time you return to these pages, you are reparenting your inner child with the love she always deserved. You are breaking old patterns, reclaiming your power, and opening to the beautiful integration of safety, pleasure, and authentic connection.

You are not alone. You are held in this Circle.

Remember: Healing is sacred. You are blooming — exactly as you are meant to.

With love,

Cylla

This journal is for your personal use only.

Share the spirit, not the pages.

SELF LOVE CIRCLE

Continue the Journey

You've met them on these pages.

Now hear them.

The Inner Child Audio Course is nine guided audio journeys — one for every stage of coming home to yourself: meeting, listening, naming needs, releasing shame, safe touch, anchoring, sacred boundaries, pleasure, and integration.

Each track comes with a companion workbook, so you can move at your own pace, in your own space.

If this journal stirred something in you,
the course is where you go to live inside it.

Begin at sips.media

I'm Cylla. This is SIPS. Come back for them.