

The Hard Peel

Visualization

for Inner Child Work

Set the Scene

Find a quiet place

Close your eyes and breathe deeply

Picture yourself at a specific age

Prompts to Guide You

Where are you?

What does this younger version need
right now?

Can you offer them comfort or safety?

Enhance the experience

Use calming music or nature sounds

Hold a comfort item while visualizing

Journal afterward to reflect and reaffirm



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