



TRIBBR

## *Inner Child Workshop Worksheet*

Hi!

It's great to connect with you!

My name is Charles Myssy and I am the co-founder of Tribbr, an online holistic health coaching program that is bringing you **Inner Child Workshop Online**.

I am looking forward to meeting you on Tuesday the 15th of March 6:30pm AEDT

I'd like to take a moment and open my heart to share some important information about what this is all about...

The inner child holds our true nature, our true essence... we were someone before we were conditioned by the outside world. As time went on, many of us forgot about who we really are, we got caught up in the autonomous pattern of life as an adult.

As we developed we believed we had to be someone else... we rejected our true nature, the playful, curious, loving side of who we really are as we also buried our past, deep into our subconscious minds, the original experiences that shaped us into who we are today.

The inner child workshop delves deep into the yin and yang of you. Your darkness and your light. To truly embody your light, you must face your darkness.

Our early developmental years are our most crucial years in forming the beliefs, values, identity of our personal reality, our personality.

These programs, deeply imbedded into our subconscious, our of the scope of our conscious awareness... dictate how we perceive the outside world, how we feel, how we think and how we behave...

As an adult, we are alive, but sometimes we aren't always living. We spend a lot of time thinking into the future, running worst case scenarios, stressing and worrying...

We struggle to speak up, speak our truth, set and hold boundaries, because of what others may think about us, we say yes, please others, and burden ourselves with the responsibility of other peoples emotions...

We distract ourselves, keep busy, and perform behaviours to reject how we are really feeling, because the short term temporary hit of pleasure, is far easier than the waves of heavy emotions we feel, that we were never taught how to face...

We find it hard to connect, to be vulnerable, to be open, in relationships, intimately with our partners, and socially, as we spend time with our friends...





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We stay stagnant in our careers, spending endless amounts of energy working in a field that we aren't passionate about... climbing the ladder, achieving more and more, striving for an unattainable perfect life...

We judge ourselves, for our body, our lives, for our thoughts, for our feelings... put ourselves down, if we knew how cold we spoke to ourselves, it would shock us, thinking "I wouldn't talk to someone else like that..."

Our relationship with ourselves, the way we 'parent' ourselves can be linked back to our childhood experiences and what they meant to us.



How we give and receive love  
How we feel seen and heard  
How we feel safe and secure

These are our basic human needs, and as children when we are at our most vulnerable, we need to learn these needs ASAP.

We are human beings, another animal that just like all the others has adapted to the harsh brutal reality of nature.

As children, our odds of survival increase when we are safe, secure, seen, heard and loved...

This assures us that "I am protected and part of the tribe"...

Without a tribe, your chances of surviving are almost Nil. Unless there's a miracle and by some chance a wild wolf pack adopts you as one of their own. (I think that happened in Russia).

The perception of our tribe, and the belief in our mind and body that confirmed we are apart of it, to us meant that we are worthy, enough, loved, seen and heard.

This is how we all stayed connected, kept our tribes strong, our children protected and increased the tribes success rate of foraging, hunting, reproducing and overall surviving.

Now majority of us humans do not live as we once did, as we did for the majority of our evolutionary lives.



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A fully evolved human being as we know it has been around for hundreds of thousands of years, its only in the last couple centuries that the way majority of us live has turned to over crowded, industrial cities...

We have disbanded our close knit tribal communities of 150 strongly connected humans who all knew each other deeply, now humans are connected mostly on the surface, for work, social media or by our 'bad habits'...

These patterns of human life have been passed down from generation to generation, and each time we adapt to our environment, we pick up the limiting beliefs that are holding us as a race back.

The beliefs of inadequacy, unworthiness, not being enough, loneliness, not connected etc... We experienced this through our families, seeing how dysfunctional they were, and how we took that on, saw that all as normal, and even though there was people around us, how we felt about ourselves during those moments as children.

We picked it up from society, through schooling, media, work, marketing, materialism, consumerism... the constant bombardment into a young Childs brain of how to look, how to talk, how to dress, what to eat, how to feel...

The generic blueprint doesn't fit us, because we are all uniquely ourselves, so when we feel that we aren't what society is telling us to be, as children it can be painful, we see ourselves as different, like we may not fit in... like we have to try harder, do better... so the internal pressure builds and builds...

Until that becomes normal, and we forget we even do it to ourselves.

We picked it up from our culture and religion, all the belief systems that are compiled, to instruct you on how to be you...



Our brains as so sensitive to new information as children, our brains are evolving at rapid speeds (Neurogenesis) quickly adapting and making meaning of the external environment.

A new borns brain is about the quarter of the size of the average adult brain. Incredibly it doubles in size in the first year and keeps growing to about 80 percent of adult size by age three, and 90 percent, nearly full grown by age five!



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To transform these limiting beliefs you must connect with your inner child, the child version of you who first believed them, and used the programs that came from these beliefs with the positive intention to feel safe/loved at that time. I'm excited to be bringing you this **Inner Child Workshop**.

In this workshop i'll show you how to use the 'Inner Child' as a visualisation tool during the healing process.

By connecting with our inner child we can understand what the experiences we went through in childhood meant to us, how they made us feel, how we adapted to them at that time and from there, we can see the chain of behaviour that was created from that point on throughout our entire lives.

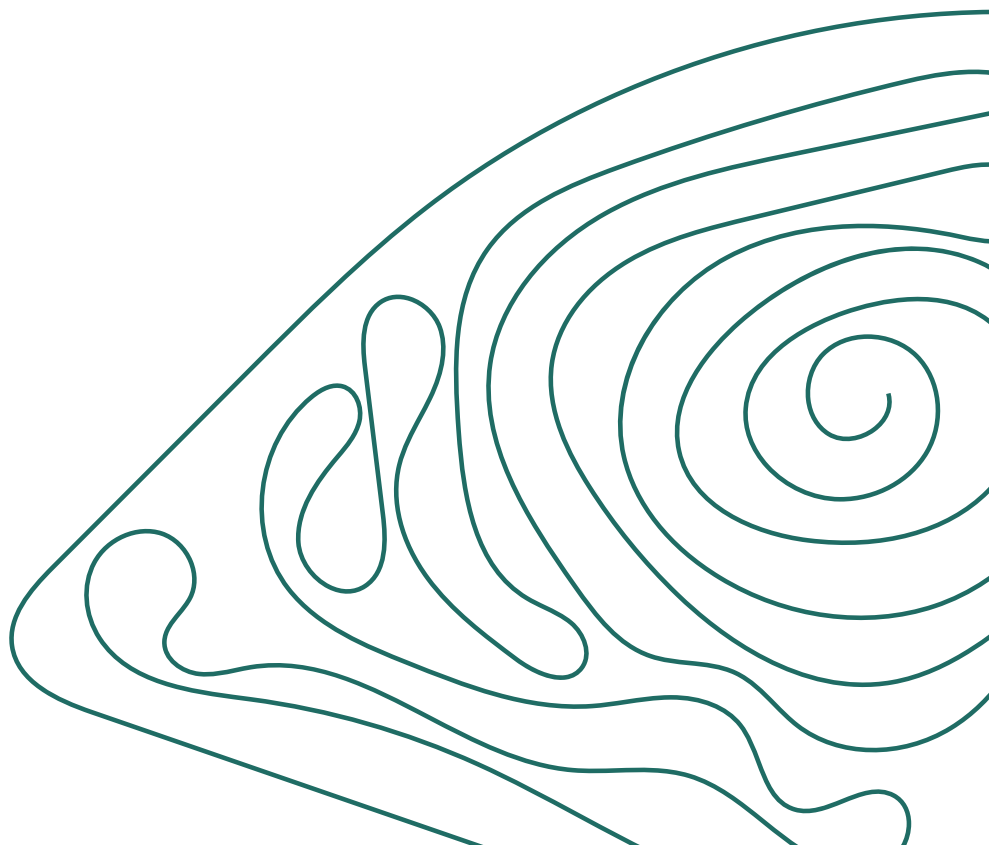
Thank-you for taking this huge step on your journey, the 15th of march will be a powerful evening of like minded people like yourself all coming together to connect in a safe space of healing, growth and evolution.

Below are the work sheets to use during the inner child workshop.

Please come in with an open mind, high amount of curiosity, with the intention to explore and grow and with the courage to lean into some potentially undesirable parts of your personality that you may or may not be currently aware of.

Your Inner Child awaits you, and is looking forward to connecting with you.

*Charles Myssig*





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## 1. SET YOUR INTENTION:

Take a moment to set your intention for WHY you are here. Why is this important to you? What is happening in your life right now that drew you towards looking inwards?

Below write down, what YOUR intention is for being here, why are you doing this for yourself:

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## 2. ENVISION YOUR 'HIGHER SELF'

In this visualisation practice, you will delve deeper in your light, your higher self. Envision yourself as a better version of you. Examples: One who is holding stronger boundaries, performing the behaviours that serve you, living a life of better health and wellbeing, more open, loving, passionate, working in a career that they love, following their purpose, connected with good people around them etc.

And after you've done that, write down and describe what you saw and felt being your Higher Self:

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## 3. EMBODY YOUR 'SHADOW SELF'

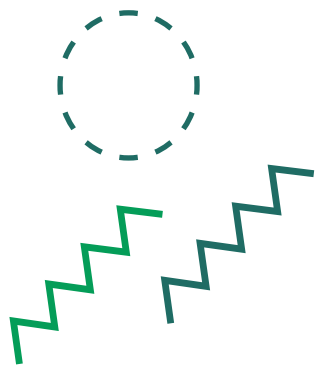
The shadow holds in it all the unconscious parts of us, but mainly the parts of us that we reject, we push away, distract ourselves from, hide from and block out. To embody your shadow, envision all the areas of your life right now where you feel off, that aren't serving you, Examples: the behaviours you do that you don't like that you do, your inner self talk that's cold, judgmental and highly critical. the painful emotions, of shame, guilt, resentment. The fears, the complacency, the comfort zone that isn't helping you, the people pleasing, the over responsibility, the perfectionism etc.

And after you've done that, write down and describe what you saw and felt embodying your Shadow:

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## *Connecting to the Inner Child*

First thing when you're connecting with them, is you have to simply understand them. Understand what they're going through, what's bringing up struggles for them, how they're perceiving them, and how they feel about them.

When you understand their world, you'll be able to embody compassion for them, because you get how and why they are struggling.

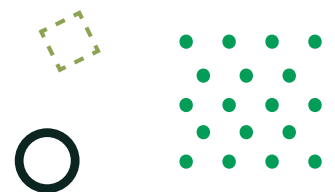
Seeing them, hearing and simply holding space for them is a powerful way to build connection.

The intention early on, isn't to 'fix' or 'solve' anything...

Too often people dive straight into logically trying to fix the situation, your inner child in most cases hears that, and perceives it as a lecture, that they don't want to hear, that isn't resonating with them, that is most likely how you perceived it from your parents/teachers etc when you were young going through some form of struggle...

All you really wanted was someone to be there and hold space for you, to listen and not judge you, to not try and fix the situation, but to be compassionate and ask you questions that could help you find your own answers.

Let's begin!



### **4. WHATS YOUR BIGGEST STRUGGLE RIGHT NOW?**

Have a look at anything in your life right now thats important to you where there is resistance, fear, inaction... where some negative emotions have come up for you, it could be negative behaviours that don't serve you, relationship issues, family problems, issues with work, money, your career etc.

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## 5. WHAT MEANING ARE YOU MAKING OUT OF THE SITUATION?

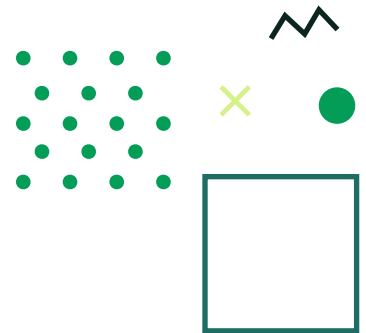
It's not what happens to us, but what it means to us that matters.

Go deeper and uncover what your current struggle means to you, don't look to logically rationalise and change it to what's true about the situation, lean into what it's actually meaning to you right now.

Be vulnerable, this is just uncovering the truth of what it means to your inner child.

### Example questions to ask yourself...

- » What does struggling with this mean to you?
- » What does struggling with this mean to you about you?
- » What does it mean to you that you are struggling with this?
- » How does it make you feel about yourself that you're struggling with this?
- » What does going through this experience mean to you about you?
- » How do you feel other people are perceiving you because you're struggling with this?



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## 6. HOW IS IT MAKING YOU FEEL?

Tune into your body and get a sense of how this experience is making you feel in your body.

Where is the emotion being felt? Head?  
Gut? Chest? Throat?

What is the emotion? Sadness?  
Frustration? Anger? Fear? Scared?  
Anxious? Depressed?

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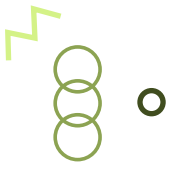
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## 6. WHAT PROGRAMS ARE YOU RUNNING?

- **Over responsibility:** When we are over responsible, we are placing our energy into being responsible for something that isn't serving us and taking us away from spending that energy on being responsible in areas of our life that serve us better.

- **Under responsibility:** When we are under responsible, we subconsciously expect others to be responsible for us in areas that we should be, we don't spend energy being responsible for the things that will serve us, and expect that energy to come from the external environment.

- **Perfectionism:** This program runs by placing high amounts of pressure to reach a high expectation, in most cases these expectations are unattainable in the time frame that it is expected to be reached, perfectionists often fear failure, because if they don't reach what they expect of themselves, it results in experiencing negative self talk and a negative emotional state, so rather than going through the process, they often avoid it and create resistance to keep them safe from failing.

- **Skepticism:** Often labelled as 'self doubt', this is when we have disbelief in ourselves in a certain area of our lives. We are skeptical of our skills, ability to succeed and whether or not we are worthy and good enough to go through whatever comes up for us.

- **Procrastination:** The opposite of motivation, we avoid behaviours, don't take action, and put things off that are important to us. We may procrastinate speaking our truth, taking action in an important area of our lives.

- **Achiever:** The Achiever places high amounts of focus on achieving things. Each achievement reinforces their sense of self worth. Reassures them that they are worthy and good enough. When this program runs heavily on autopilot, it doesn't feel like there's an off switch. Everything becomes a challenge to achieve and a way to gain that sense of worthiness.

- **Judgement:** Judgement is commonly used as a motivation strategy used to change something about ourselves or about others around us. We Judge ourselves when we perform a 'bad' habit, or do something 'wrong'... it's used as punishment, to make ourselves feel 'bad' about what we did, with the positive intention to not do it again. Judgement can happen in any context, with our body, relationships, the way we look and our overall position in life. If we don't perceive ourselves as doing 'good enough' we may use judgement as a way to give ourselves that kick up the ass again. The carry over effect though, is it creates a lot of self inflicted psychological stress and negative emotions due to the persons relationship with themselves.

- **People Pleasing:** People pleasing is manipulation, its inauthentically trying to control how others feel, so that they're feeling an emotion that makes you feel more safe and secure. Commonly people pleasers have a negative relationship with certain emotions. Example, sadness and anger. Because they reject their own sadness and anger, they do so with others on the outside, but the way they reject it is in an ultra 'nice' way, They'll go above and beyond to prevent people from feeling those emotions, because of what feeling those emotions meant to them when they were young.







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- **Scarcity:** This is the narrative that reinforces the sense that you do not have enough. In some form of a resource, whether it be time, money or energy. The narrative it used as a motivation strategy to put them in a state of stress, so they can go out and get more resources, so they can be enough. Not having enough to them implies that they are not enough. People in scarcity mode will often struggle to invest in themselves, spend time doing what they truly want to do, and change from the secure job that doesn't fulfil them so they can do something they're passionate about.

- **Worst Case Scenario:** Worst case scenario thinking is a program used to pre think all of the worst possible outcomes that could happen in a situation prior to commencing in it. The positive intention is to stay one step ahead, and ahead of the game, so that they are always prepared. The down side of this is that if the person isn't flexible with this program, it dominates their life, and puts them in a state of stress very often, because now so many worst possible things could happen!

Write down the MAIN programs you're running below.



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## 7. WHAT DOES THIS PROGRAM GIVE YOU?

Everything that we do, has a positive intention behind it.

It may not be positively impacting our lives, BUT subconsciously we have a positive intention why we do it.

Look inwards to uncover what your positive intention is for running the program, what does it give you? Security? Safety? Certainty? Sense of worthiness? Motivation? Preventing feeling emotional pain?

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## 8. HOW LONG HAVE YOU BEEN RUNNING THIS PROGRAM FOR?

These programs as most likely running on autopilot and as a result have been running automatically throughout our lives in many different contexts, situations and experiences.

Look into your past, has something similar happened before in a different situation?

Look into your adolescence and childhood. See if you can recall any memories, even if they re not Chrystal clear, of how long it's been since you've been running this program.

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## 9. WHERE DID YOU LEARN IT FROM, AND WHY DID YOU START PRACTICING IT?

Open yourself up to curiously going deeper tome the link to who you saw running this pattern, behaviour and program. Who did you learn it from and why did you learn it?

Examples:

Scarcity program may come up when we hear people around us talking about having a lack of money.

People pleasing can come up for us whenever we were judged for hurting our siblings feelings, or we felt scared when our parents got angry.

Perfectionism can come up when our teachers and caregivers never really acknowledged how good we were doing, it would always finish with a 'but' you could do better, why didn't you get full marks, or that wasn't good enough!

It's often things that we perceive now as minor that back then really did effect us, and as a result still linger with the beliefs and behaviours associated with it even now as adults.



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## 10. DO YOU WANT TO CHANGE THIS? IF SO, WHAT DO YOU WANT TO CHANGE IT TOO?

Open yourself up to the belief that you can change this, its possible, but first you must make that decision for yourself...

Is it a yes, or a no?

To you wish to be more flexible in this program? In your way of thinking? In your way of navigating reality?

If you do, open yourself up to being creative now, and share below what you want to work towards changing it too whenever actuations like this arise again in future.

Example questions:

- » How do you want to react?
- » What do you want the situation to mean to you?
- » How do you want to feel?
- » How do you want to support yourself throughout it?
- » How do you want to think about it?

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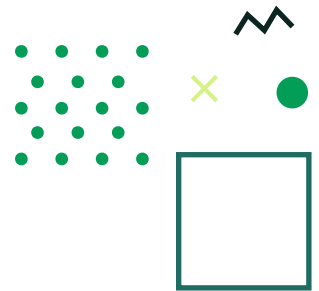




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## The Transformative Process

During this process I will be guiding you through a visual experience to connect with your inner child, to comfort them, validate their emotions, support them, see them, hear them and tell them what is true about them.



### I. VALIDATE THE CURRENT EXPERIENCE OF YOUR ADULT SELF

Visualise your adult self going through the same biggest struggle you shared above. See them feeling what they're feeling and how it's effecting their lives. Once you see them going through this experience, approach them as your 'higher Self'.

Don't judge them, criticise them or try to tell them what to do and 'fix' them let go of the cold, rational, judgmental conversation with them, and open yourself up to giving them compassion.

Examples:

*"It's ok to be struggling with this now"*

*"I understand how you can be struggling"*

*"Feeling what you're feeling is valid, it makes sense how it's happening"*

Below write down in your own words, how you would open the conversation with yourself in that moment when you are in the thick of it.

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## 2. UNDERSTAND THEM DEEPLY

Once you validate their emotions, they will trust you more, they'll be more open to you, feel safer and able to be more vulnerable.

This is what you want, more openness and vulnerability.

This is what will lead you to breakthroughs and releasing these built up emotions.

So what to do next is really understand them, you know what they're going through, the programs running, the intention behind it, what it gives them, how they perceive the situation and where it all comes from (childhood/adolescences).

Say that to them.

Examples:

*"I understand why you're putting pressure on yourself now, I can see how its something you use to motivate you"*

*"I understand why you're trying to please others, because you don't feel safe when they get angry"*

*"I understand why you procrastinating now, because you fear failing"*

Continued....

*"And I understand where that comes from, I see how there was a lot of pressure put on you growing up, and you never felt good enough, and now it's just something you kept doing to yourself, to try and be good enough"*

Deeply understand yourself now, listen to yourself, see yourself, make it all make sense.

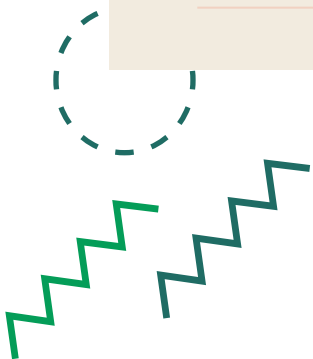
Write down below what you would say to you in that moment.

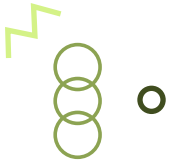
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### 3. CONNECT TO THE INNER CHILD THAT HOLDS THE BELIEF

Once you've validated their emotions, seen them, listened to them and are there to deeply understand them, they are FAR more open to receiving what is actually true about them.

They won't listen to you if you come barging in all logical, judgmental and critical of them...

They'll turn away and hide.

At this point, we connect to the younger version of you that holds the belief, that experienced what they did that meant what it did to them, to then create the adaptations in the form of these subconscious programs, that are no longer serving you.

At this point you will be guided to connect to your inner child...

You will tell them what is actually true about them, about the situation, about what happened.

Write down below what you said to your inner child in that moment of deep connection.

Four horizontal lines for writing, with a decorative green plus sign pattern on the right side.

**BOOK YOUR FREE BONUS ONE-ON-ONE WITH CHARLES MYSSY**

(BONUS FOR WORKSHOP ATTENDEES ONLY)

*This process was a simplified version of shadow work to connect to the inner child, you have shown a great deal of strength and courage leaning into this.*

*It has been a pleasure sharing these practices with you on your transformational journey.*

*Charles Myssy*