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**Healing The Child Within Discovery**  
In Healing the Child Within, Dr. Whitfield guides us through four steps to rediscovering your true self: 1. Learn to be 'real' by practicing being 'real' with safe others. 2. Identify your healthy human needs. 3. Grieve your ungrieved

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hurts, traumas and losses. 4. Work through your core recovery, ...

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In 1987, Charlie Whitfield's breakthrough concept of the child within - that part of us which is truly alive, energetic, creative, and fulfilled - launched the inner child movement. Healing the Child Within describes how the inner child is lost to trauma and loss, and how by recovering it, we can heal the fear, confusion, and unhappiness of adult life.

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Dr. Whitfield describes the journey of discovery and healing our fears, confusion, and unhappiness. This book begins where many others describing

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adult children of alcoholics have left off.

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Inner child work is the process of contacting, understanding, embracing and healing your inner child. Your inner child represents your first original self that entered into this world; it contains your capacity to experience wonder, joy, innocence, sensitivity, and playfulness.. Unfortunately, we live in a society that forces us to repress our inner child and “grow up.”

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One might call this defense “false observer self” since its awareness is clouded. It is unfocused as it “spaces” or “numbs out.” It denies and distorts our Child Within, and is often judgmental.”  
— Charles L. Whitfield, *Healing the Child Within: Discovery and Recovery for Adult Children of Dysfunctional Families*.

## **Healing the Child Within Quotes by Charles L. Whitfield**

Other writings on this topic have come and gone, while *Healing the Child Within* has remained a strong introduction to recognizing and healing from the painful effects of childhood trauma. Highly recommended by therapists and survivors of trauma. Dr. Whitfield provides a clear and effective introduction to the basic principles of recovery.

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Charles Whitfield dubbed the inner child the "child within" in his book Healing the Child Within: Discovery and Recovery for Adult Children of Dysfunctional Families (1987). Penny Park's book Rescuing the Inner Child (1990) provided a program for contacting and recovering the inner child.

### **Inner child - Wikipedia**

Designed to quickly pinpoint issues with

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