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3 Days for the Anxious Inner Child

Gentle prompts for the child who feared being left behind

For the child who feared being left, and the adult still learning to feel safe.

3 Days of Reflective Prompts

A Free Resource from Seven Paths Practice®

sevenpathspractice.org

How to Use This Journal

Anxious attachment often starts in childhood, when love and comfort felt unpredictable. Sometimes your caregiver was present and warm. Other times they weren't — and your nervous system learned to stay on alert, scanning for signs of closeness or withdrawal.

This isn't a diagnosis. It's a mirror. These three prompts are designed to help you start hearing the voice of the child inside you who feared being left behind.

You don't need to write beautifully. You don't need to finish. You just need to show up.

Each day you'll:

- Read the prompt and sit with it for a moment before you write.
- Write as your child self, your adult self, or both.
- Notice what comes up in your body — not just your thoughts.
- Go at whatever pace feels right.

Take your time. Stay gentle. There is no wrong way to write.

You've Started Something Important

Over the past three days, you've begun to hear the voice of your anxious inner child — the part of you that feared being left behind, that worked so hard to keep love close.

These prompts opened a door. But hearing your inner child is only the first step. The next step is learning to protect them.

The Inner Child Protection Workbook

A guided workbook with 10 deeper tools — including the Queen/King of the Castle visualization, The Discovery Log® method, boundary-building exercises, and prompts designed to help you build real, lasting safety for your inner child.

10 focused psychodynamic activities from the Seven Paths Practice® framework.

Available now at lindavmft.com — \$29

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