

# THIS IS YOUR INNER CHILD STILL TRYING TO KEEP YOU SAFE

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## Staying quiet

It felt safer to say nothing than risk being ignored or misunderstood.



## Overthinking everything

You started overthinking because you had to figure things out on your own.



## Keeping everyone happy



Keeping others happy felt safer than dealing with conflict.

## Putting on a brave face



You learned to keep it in because your feelings were not understood.

## Hiding how you feel

There was no space for your feelings, or no response when you shared them.



## Blaming yourself



It felt easier to blame yourself than face being let down.

## Feeling on edge



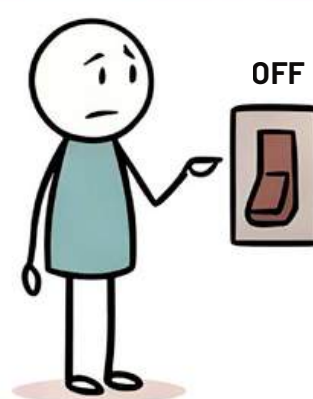
You stayed alert because things felt unpredictable.

## Needing control



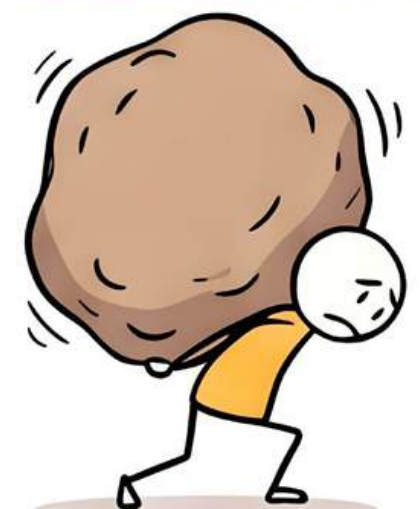
You tried to control what you could because things around you felt out of control.

## Feeling disconnected

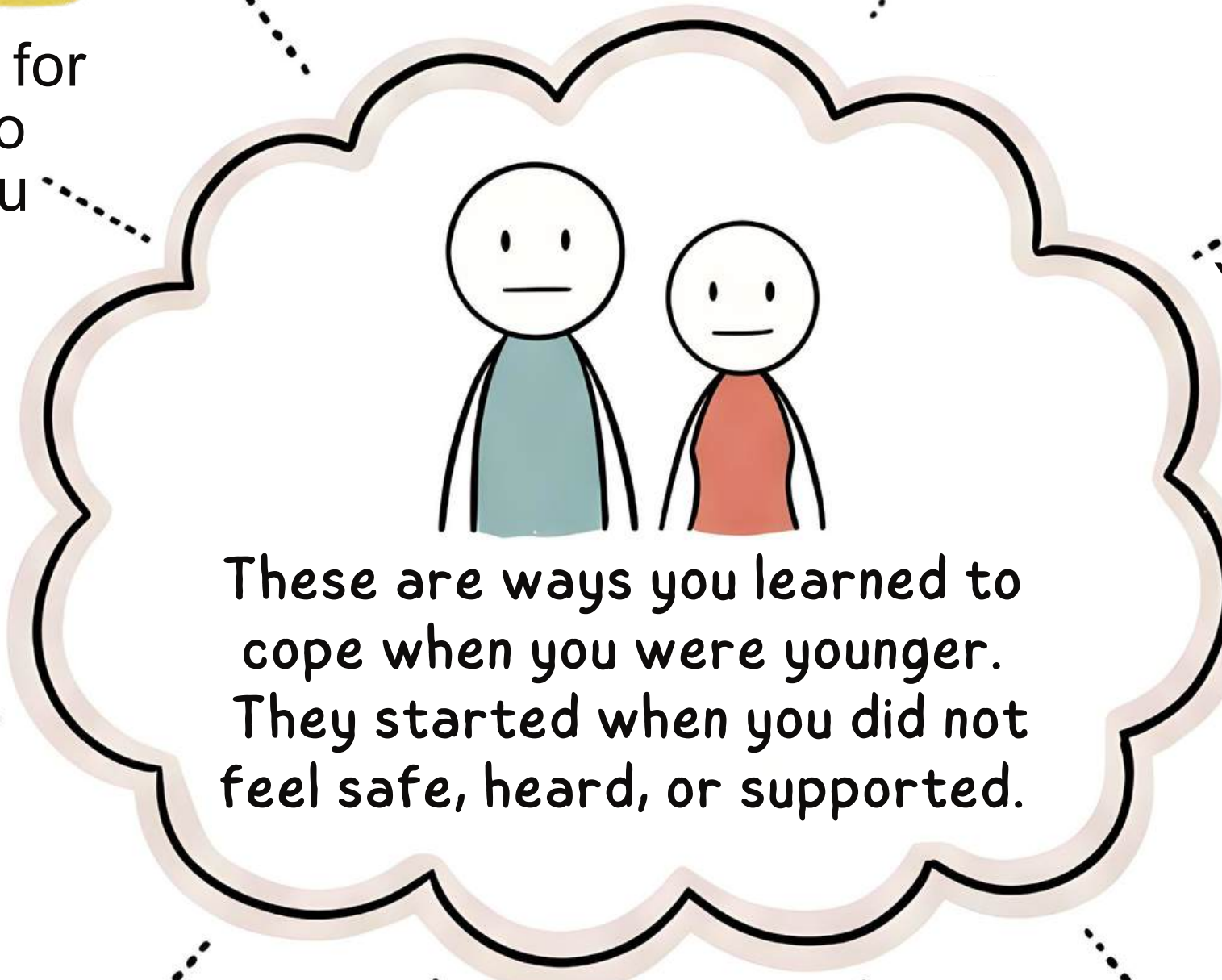


Switching off was the only way to cope at times.

## Carrying everything alone



You handle everything on your own because no one was there to help.



This is not just "how you are". These are ways you learned to cope when you did not feel safe. And these patterns can change, with the right support.

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