

Release Chronic Stress by Healing Your Inner Child

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When distress becomes chronic and undermines
your health lay down the yoke of old burdens

With self-help questions and exercises to get you
started

Published at 15 years of InnerChildWork Therapy

Payodhi van der Graaff

Author: Payodhi van der Graaff
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Table of Content

| | |
|--|----|
| Dear reader,..... | 8 |
| Do fully healthy people exist? | 10 |
| Distress: our adaptive skills get overstretched | 12 |
| Our brain as a baking pan | 17 |
| Our energy moves within a ‘container’ | 21 |
| Chronic stress: our container gets constricted | 24 |
| Undermining our physical and mental health | 28 |
| Our personal basic stress (PBS) level | 31 |
| Our inner child: unprocessed thoughts, feelings, and behaviors | 40 |
| The biology of our inner child | 47 |
| Hello, Ego | 51 |
| Reducing chronic stress by calming down our inner child..... | 57 |
| Ego, goodbye!..... | 63 |
| Growing from control to responsibility | 66 |
| About Payodhi | 67 |
| Acknowledgments..... | 69 |
| Inner child reading list..... | 70 |

Dear reader,

As an inner child therapist, I helped people to clear out old and negative stress layers and to learn to relax more deeply. It was a privilege to guide people in restoring the connection with their earliest authentic selves, the way in which they began their life.

I present this book to share the discoveries, insights, and experiences I have accumulated during 15 years of practice. My aim is also to bring the inner child approach to health and health problems more into mainstream thinking.

People suffering from chronic stress are invited to check out how the inner child method can be used to reduce chronic stress. Unprocessed negative thoughts, feelings, and behaviors from early childhood can form a negative layer deep in one's personality. Over time it may create serious restrictions on daily opportunities. A layer of tension that we can get stuck in. For me, working with my inner child was key to reducing those tensions structurally. Stress rooted in childhood imprints had gone unprocessed for decades.

My chronic stress only partly arose from the current turmoil or challenge. It was an accumulation of earlier unrest or tensions. My upbringing laid the foundation for stress in my life. It was therefore sitting deep inside my system. As a child I often adjusted to the rules of my surroundings, to survive, to fit in. For example by pleasing, taking the blame, or effacing myself away. These early adaptations grew into an exhausting struggle to fit in and be loved. What caused this struggle to become less and less rewarding?

I got increasingly tired of adapting myself to the rules and expectations of others. Also, life itself challenged me to get out of survival mode, how uncomfortable and unsafe that seemed at times. I wanted to be who I am and stop behaving like an extension of others.