

# The Quiet Work

## *Returning to the Inner Child*

A Guided Poetry Journal for Inner Child  
Healing and Breaking Intergenerational Cycles

### **Sample Journal Preview**

Chelsea Cheverie

# Welcome

Thank you for spending time with these pages. *The Quiet Work: Returning to the Inner Child* was created as an invitation to slow down, reflect, and reconnect with yourself through poetry, guided reflection, and journaling. This preview offers a small glimpse into the experience of the journal.

Move through it at your own pace and take what resonates.

Chelsea A. Cheverie



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# The Child Within

SECTION 4 | REMEMBERING WHO YOU  
WERE BEFORE YOU LEARNED WHO TO BE

*"What we remember from  
childhood we remember  
forever – permanent ghosts,  
stamped, inked, imprinted,  
eternally seen."*

– Cynthia Ozick

# For The Child I Used To Be

I am sorry that  
no one ever told you  
that survival is not love

that becoming fluent  
in pretending  
would become the very thing  
that breaks you in half

that they called you the storm  
because they couldn't face  
the way their words  
cracked like lightning  
into your chest

you were never the storm

you were the sky  
that held it



# What This Poem Stirred

As you read the poem, something may have shifted. A feeling, a memory, a resistance, or a quiet recognition. You don't have to make sense of it yet. This page is a place to notice what surfaced without trying to name it perfectly. You can write in sentences, lists, or not at all.

## **You might explore:**

- A line that stayed with you
- A feeling that lingered
- A memory or image that appeared
- A place in your body that responded

If nothing came up, that's okay too. Sometimes awareness arrives slowly, after we've turned the page. Let whatever stirred have a place to land here.

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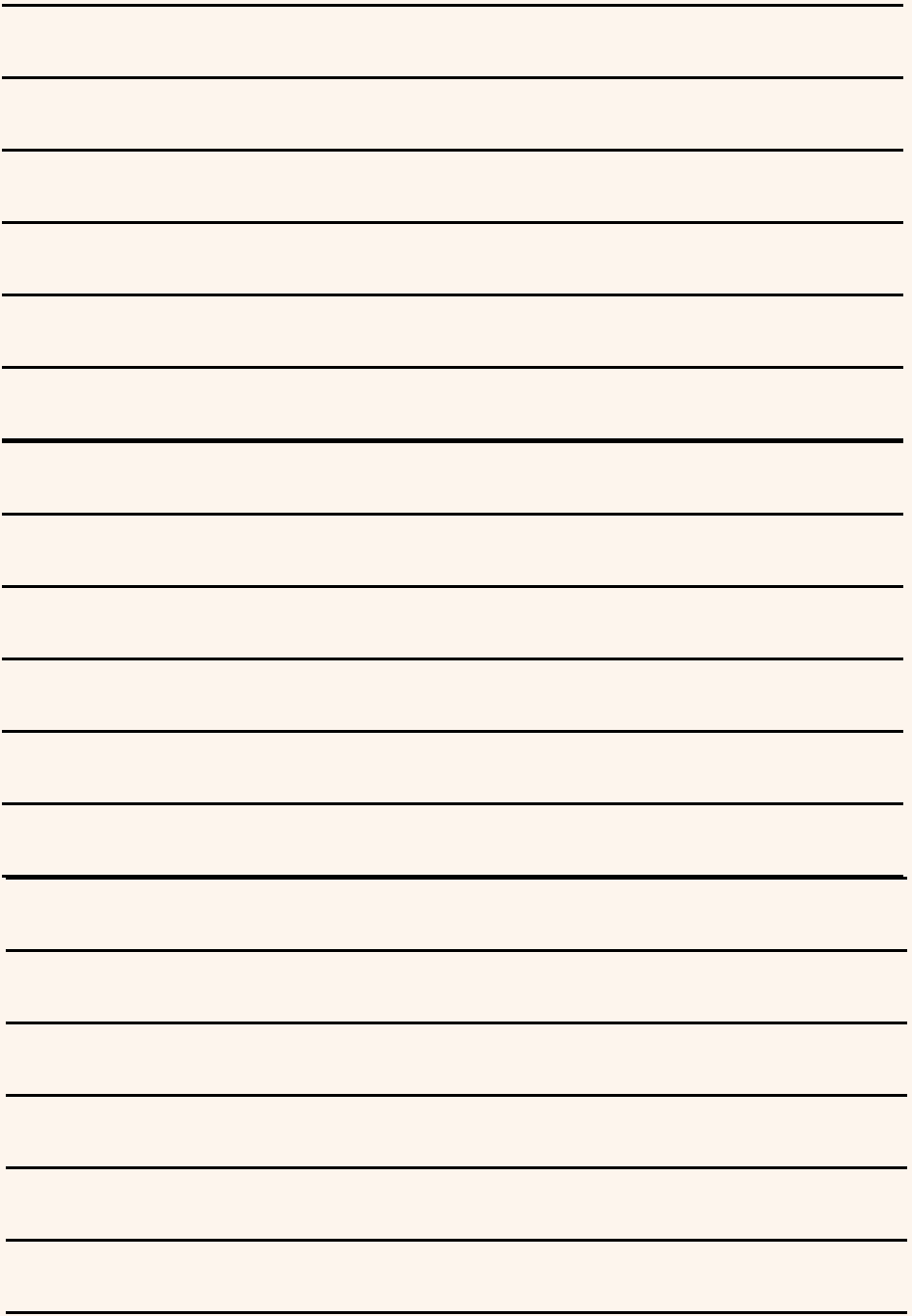
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# Witnessing The Child Within

Every child does what they must to survive the environment they are given. Long before we have choice or language, we learn how to stay connected, stay safe, and how to belong. The child within you learned through experiences, not because something was wrong, but because adaptation was necessary. Behaviors like staying quiet, becoming responsible, remaining alert, or learning to pretend are not flaws. They were intelligent responses to what was required at the time.

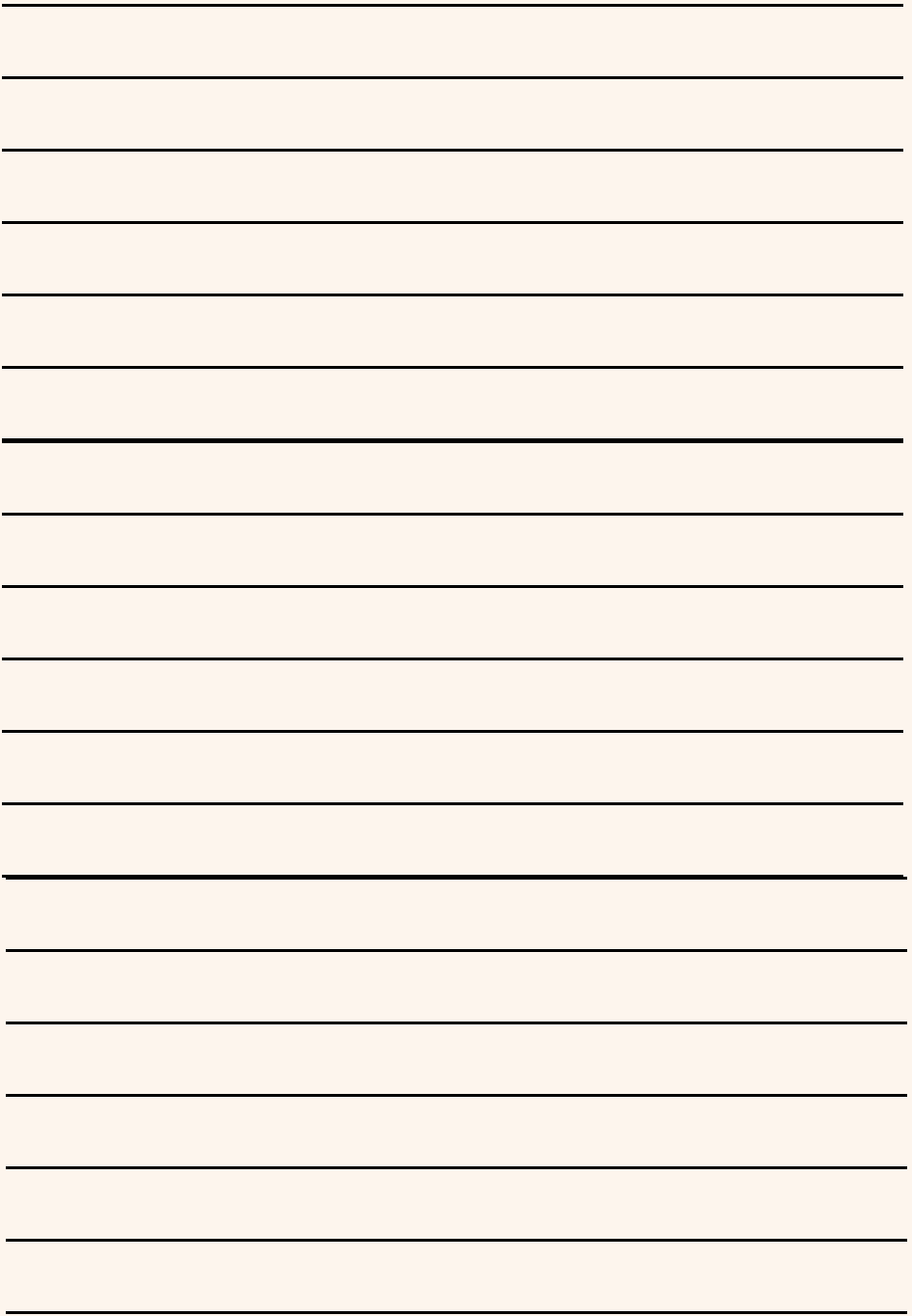
As adults, it is common to look back on these patterns with judgment or confusion. But the child within did not know what the future would ask of them. They were simply responding to the moment they were in.

This section is not about changing the past or correcting the child you were. It is about witnessing, with clarity and compassion, what the child learned in order to endure.

When we meet the child within with understanding rather than criticism, something begins to soften. The goal here is not to fix, but to recognize. To see the child's experience clearly, without minimizing it or asking it to carry responsibility for what it was never meant to hold.

Witnessing creates safety, and safety is what allows healing to unfold later, in its own time.





# What The Child Needed Then

This page is not about blame. It's about honesty. The child you once were had needs, whether or not anyone noticed them, met them, or named them at the time. You don't have to remember everything clearly to write here. You don't have to soften what was missing, and you don't have to protect anyone else's story.

## **You might name:**

- what you needed to hear
- what you needed to feel safe
- what you needed more of, or less of
- what you learned to stop asking for

You can write in full sentences, fragments, or lists. You can write the things that still feel hard to say. This page is about recognizing what should have been held, so you don't keep wondering why it still aches.

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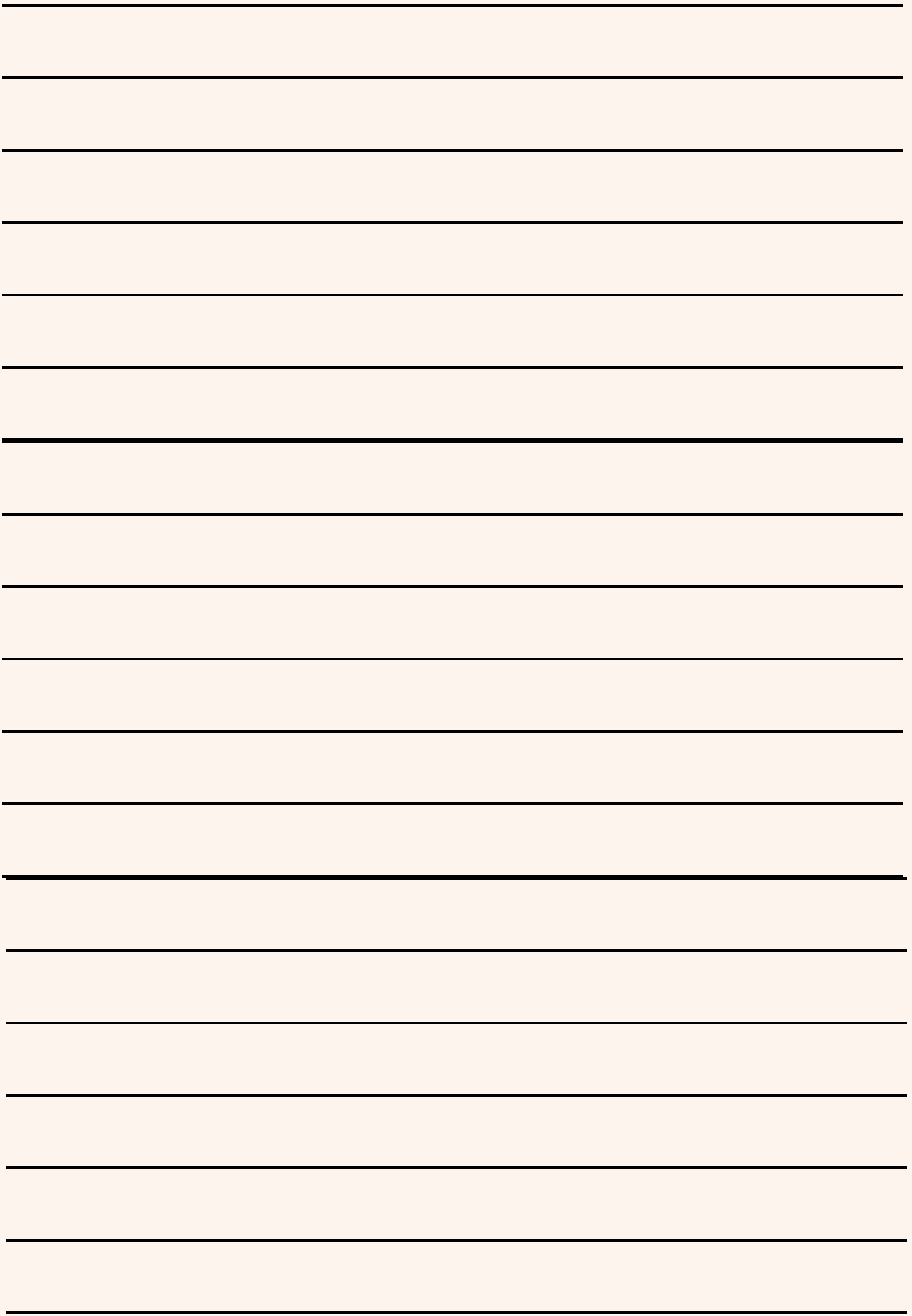
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# What The Child Needs Now

The child within you is not frozen in the past. They are here, responding to your life as it is now. This page is an invitation to notice what the child within you reaches for today, especially in moments of stress, fatigue, or uncertainty.

## **You might explore:**

- what helps you feel a little calmer when emotions rise
- what helps you feel seen or understood
- what helps you rest
- what makes it easier to pause or pull back

These needs may change over time. You don't have to get this right. You are learning how to listen, and that's enough.

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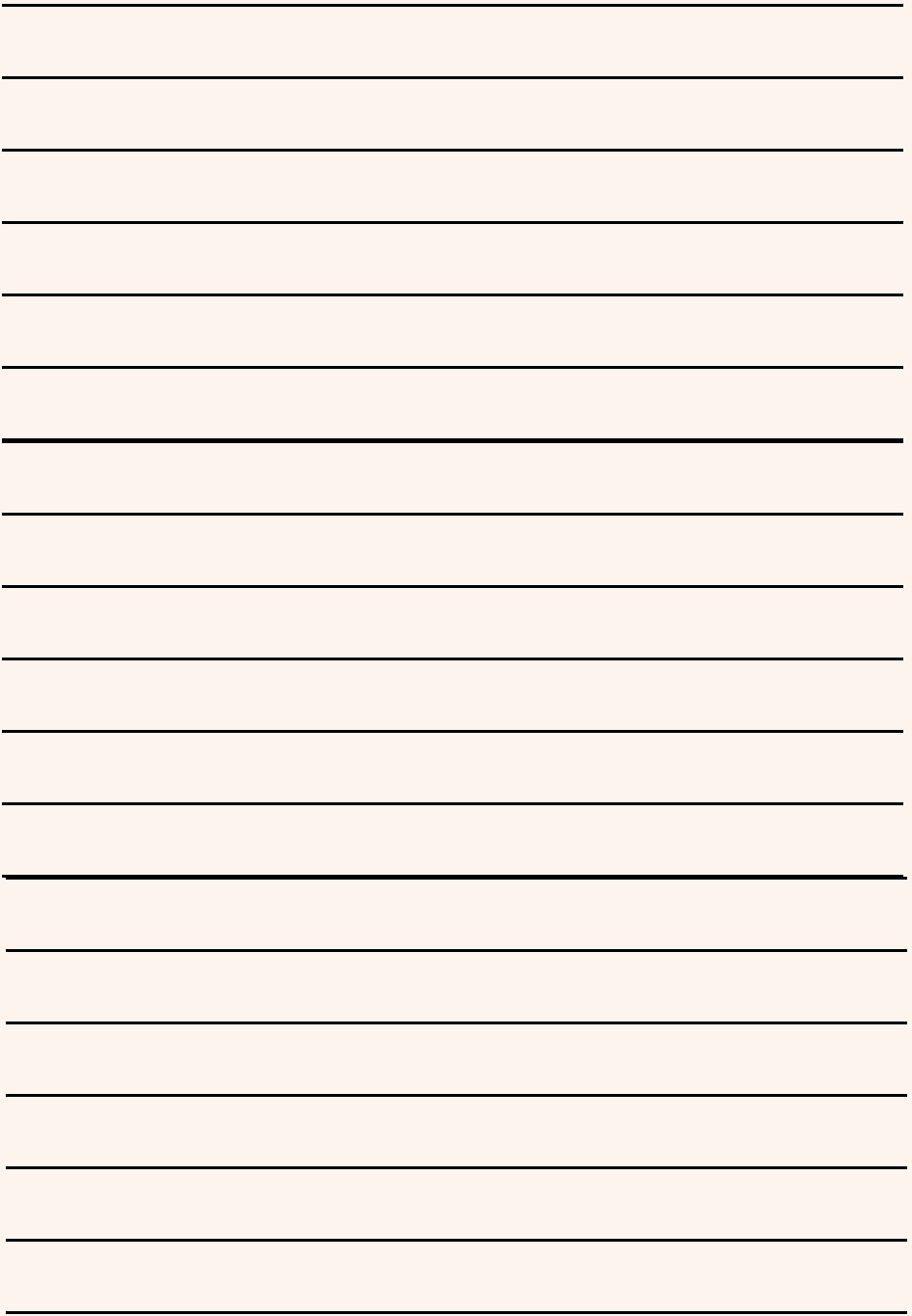
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# The Child Within Reflection

What do you remember needing most as a child, even if you didn't know how to ask for it?

When you imagine the child you once were, what feels most important for them to be understood now?

What parts of your childhood experience have you tended to minimize, excuse, or overlook?

# The Child Within Reflection

How did the child within you learn to make sense of what was happening around them?

What strengths did that child develop in order to survive?

As you reflect on the child you were, what feelings arise when you allow yourself to see them with gentleness rather than judgment?

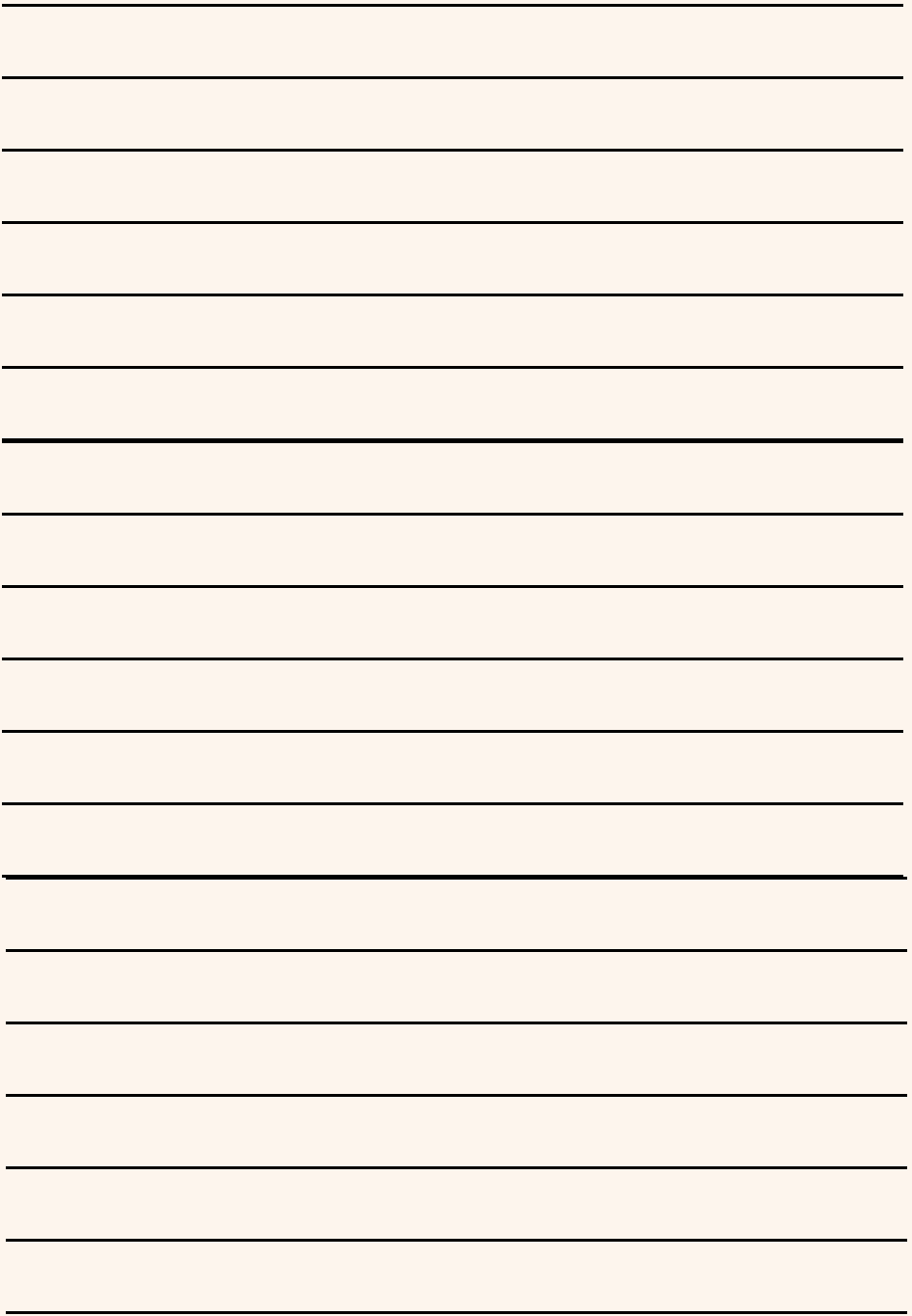
# What The Child Needed

What did the child within you need most during this time?

What did that child learn to do in order to cope or stay safe?

What feels important to acknowledge now about what that child carried alone?





# Before You Write

You don't have to know what to say before you begin.

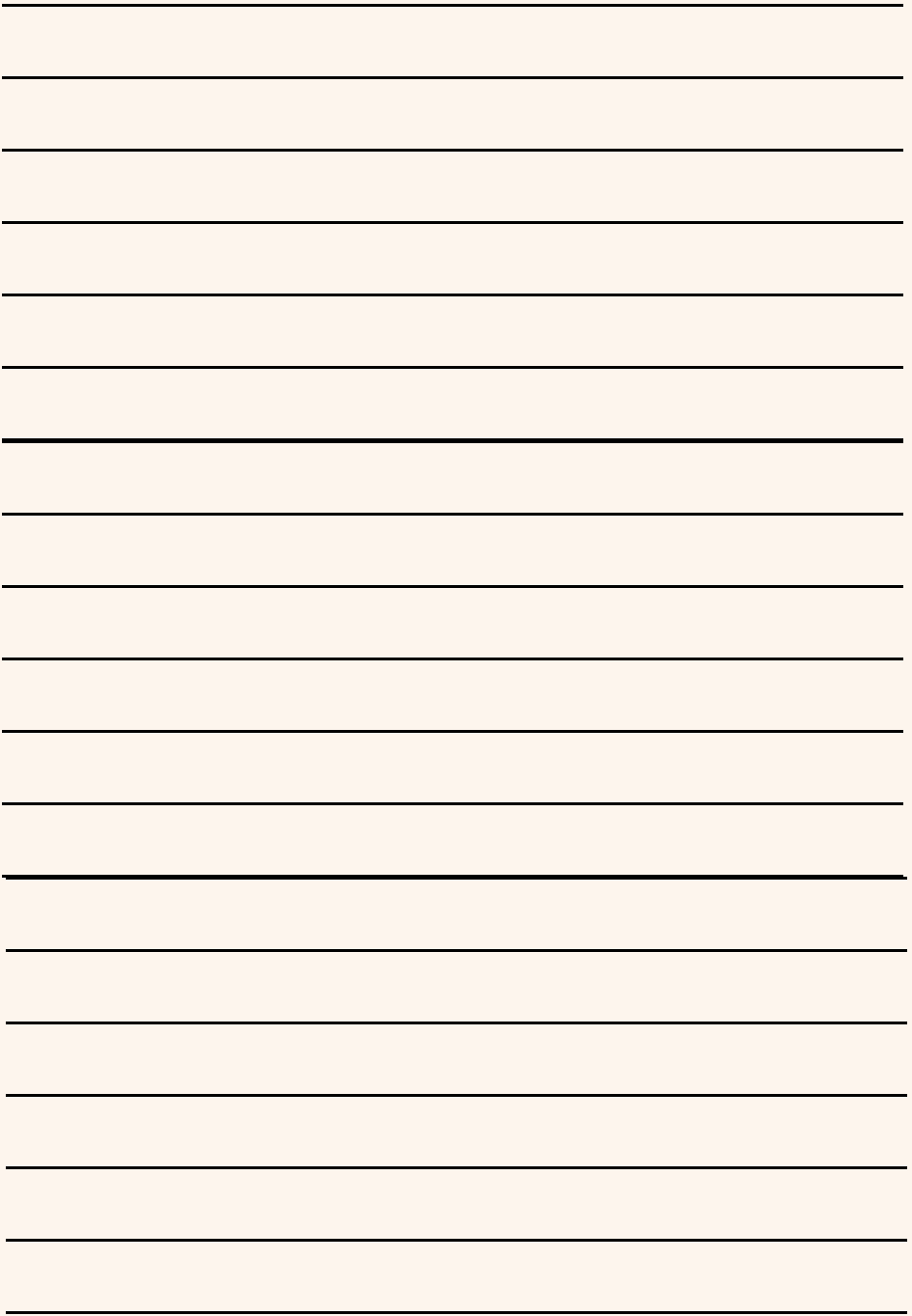
You can write to the child you were.  
the one you protected,  
the one you left behind,  
or the one who never left you at all.

You can write what you wish someone had told you.  
You can write what you were never allowed to say.

You can write in anger, tenderness, confusion, or silence.  
There is no right tone.  
There is no right ending.

Let your words meet you where you are.





# About the Author

Chelsea Cheverie is a writer, creator, and mental health counselor by training. Her work explores themes of healing, self-understanding, family patterns, and the stories we carry throughout our lives.

Drawing from both personal experience and professional education, Chelsea created *The Quiet Work* as a space where poetry and reflection meet. Through guided journals, reflective writing, and creative exploration, she invites readers to approach themselves with curiosity, compassion, and honesty.

She lives in New Hampshire with her family and can usually be found writing, creating, or following the next question that won't leave her alone.



# Continue the Journey

Healing rarely happens all at once.

More often, it unfolds quietly through moments of noticing, reflection, and understanding.

If these pages resonated with you, *The Quiet Work: Returning to the Inner Child* offers a deeper exploration through original poetry, guided reflection, and journaling prompts designed to help readers reconnect with themselves and explore the stories they carry.

Thank you for spending time here.

[thequietworkmatters.com](http://thequietworkmatters.com)  
Available in paperback on Amazon.

