

Reparenting & Reclaiming Kit

A 7-Day Gentle Guide to Healing from Childhood Neglect

ARCANE GUIDES — For the emotionally curious



Welcome to Your Healing Journey

You didn't ask to learn that love means proving yourself. But somewhere along the way, you absorbed the belief that your needs were too much, your feelings were too loud, and your presence wasn't quite enough to make people stay.

This kit is for the part of you that's been waiting—quietly, patiently—for someone to finally see you.

01

A pattern to notice

Without judgment, just awareness

03

A micro-action

Something small you can do today

02


A journal prompt

To help you understand the "why"

04

Reflection space

To capture your insights

 **How to use this kit:** This isn't homework. You won't be graded. Go at your own pace—if Day 3 takes you three weeks, that's perfect. The goal isn't to "fix" yourself (you're not broken). The goal is to give the wounded parts of you a voice, and to practice showing up for yourself the way you wish others had.

Day 1: Notice Your Volume

The Pattern

You've learned to be loud—in voice, in presence, in emotion—because quiet meant invisible. Today, we're noticing how often you raise your voice or amplify yourself out of habit, not need.

Journal Prompt

"When I think about being overlooked as a child, the moment that stands out most is..."

"The part of me that still feels like I have to shout to be heard is trying to protect me from..."

Today's Micro-Action

Say one thing today in a calm, quiet voice—and trust it was heard. If someone doesn't respond, resist the urge to repeat it louder. Notice what comes up: fear? Frustration? Relief?

Gentle Reminder: Your nervous system learned volume equals survival. It did its job. Now you get to teach it something new: that you can be heard without shouting.

Day 2: Honor Your Grief at Celebrations

The Pattern

Weddings, birthdays, baby showers—joyful events can trigger waves of sadness or anger because they remind you of what you didn't get. Today, we're making space for that grief without judgment.

Reflect

"A milestone I wish someone had celebrated for me was..."

Notice

"When I see someone else being celebrated, the feeling that rises up is..."

Acknowledge

"What I really needed on that day was..."

Today's Micro-Action

If there's an event coming up that feels triggering, write yourself permission to skip it OR to go with boundaries. Example: "I'll stay for one hour, then leave quietly." Then honor that boundary.

📄 It's not jealousy to feel sad when others receive what you were denied. It's human. Your grief deserves space, too.

Day 3: Understand Your Flakiness



You Make Plans

Genuine excitement fills you



Fear Creeps In

What if they cancel? What if they don't really want me there?



You Cancel First

To protect yourself from disappointment

The Pattern

You make plans with genuine excitement—then cancel at the last minute. It's not laziness. It's fear: fear of being stood up, fear that people are only showing up out of obligation, fear of hoping again.

Journal Prompt

- *"A time I got excited for plans and was let down was..."*
- *"When I think about showing up to something, the fear that stops me is..."*
- *"The story I tell myself about why people include me is..."*

Try This Script

"Hey, I've been struggling with showing up to things lately because I've been let down a lot in the past. It's not about you—I'm working through it. Can you help me by confirming the day before and showing up on time? It would mean a lot."

Today's Micro-Action: Before you cancel next time, text the person: "I really want to see you, but I'm scared you'll flake. Can you reassure me you're coming?" Asking for reassurance isn't weakness—it's clarity.

Day 4: Soften Your Explosions

The Pattern

You're calm, then suddenly you're sobbing or raging over something "small." It's not small—it's the weight of years of unmet needs finally finding an exit.

Journal Prompt

"When I think about the last time I 'lost it,' what I was really upset about underneath was..."

"As a child, when I expressed big emotions, the response I got was..."

"What I wish I'd been taught about anger and sadness is..."

1

Name 5 things you see

2

Name 4 you can touch

3

Name 3 you hear

4

Name 2 you smell

5

Name 1 you taste

5-4-3-2-1 Grounding brings you back to your body when emotions feel too big.

- 📌 **Today's Micro-Action:** The next time you feel heat rising, say out loud: "I need five minutes." Then go somewhere private and let yourself feel it—cry, scream into a pillow, write furiously. You're not "too much." You're releasing pressure.

Day 5: Understand Your Materialism

The Pattern

You buy things you don't need, stockpile items, or hoard possessions. It's not greed—it's comfort. When people couldn't soothe you, things could.

Journal Prompt

1. *"The thing I buy most often when I'm feeling lonely or anxious is..."*
2. *"What I'm really looking for when I shop/hoard is..."*
3. *"If I could fill the void with connection instead of things, I would ask for..."*

Before Your Next Purchase

Pause and ask: "What am I really hungry for right now?"

If the Answer is Safety

Write down three things that are stable in your life right now

If the Answer is Connection

Text someone instead of adding to cart

Gentle Reminder: Things don't leave you. They don't judge you. They don't forget about you. It makes perfect sense that they became your safe place. Now, you get to learn that some people can be safe, too.

Days 6 & 7: Communication & Boundaries

Day 6: Find Your Words

The Pattern: You obsess over communication—reading psychology books, studying people, collecting frameworks—searching for the perfect words that will make people finally understand you.

Today's Action: Write one unfiltered paragraph about how you feel RIGHT NOW—no editing, no explaining, no softening it. You don't need perfect words. You need permission to let the messy ones out.

Leaving With Honesty (Script)

"I've asked for [specific need] multiple times, and it hasn't changed. I'm not angry—I'm just accepting that this dynamic doesn't work for me anymore. I'm stepping back to protect my peace."

You're not hard to understand. You were just surrounded by people who weren't willing to listen.

Day 7: Reclaim Your Disappearing Act

The Pattern: You stop responding to texts, ghost friends, or go no-contact with family—not because you're cruel, but because you asked for what you needed repeatedly and no one listened. So you learned to just... disappear.

Today's Action: If you're about to ghost someone, send one honest text first: "I've been feeling invisible in this relationship, and I need space to figure out if I can keep showing up."

You Made It: What Comes Next

If you've made it through all seven days, you've done something most people never do: you've looked directly at the parts of yourself you've been taught to hide, apologize for, or fix.

Here's the truth:

These patterns aren't character flaws. They're survival strategies. Your nervous system did the best it could with what it had.

But now, you get to teach it something new:

- That being seen doesn't require shouting
- That asking for connection doesn't guarantee abandonment
- That you can take up space without apologizing for it
- That your needs aren't "too much"—they're human

Ongoing Practices

Choose one to commit to:

1. Check in with yourself daily: "What do I need right now that I can give myself?"
2. Practice saying "I need..." out loud once a week
3. Notice when you're shrinking or amplifying yourself—pause and breathe
4. Write one unfiltered feeling every morning for 30 days
5. Reach out to one person when you feel like disappearing

You Were Never Too Much

The little kid in you who learned to shout, hoard, hide, and disappear? They were just trying to survive. They did their job beautifully.

Now it's time to let the adult you take the wheel.

And the adult you knows this: You were never too much. You were just surrounded by people who couldn't hold you.

With warmth and witnessing,

The Arcane Guides Team

Ready for More Support?

Healing from neglect isn't a solo journey. If these practices brought up more than you expected, or if you'd like a gentle hand as you keep going, we're here.

Book a 1:1 guidance session — Sometimes you need someone to witness your story without trying to fix it. Our guides offer compassionate, culturally-sensitive support for healing emotional wounds.

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