



INNER CHILD HEALING WORKBOOK

Explore and reparent your inner child
through the wisdom of your Moon, IC,
and Sun signs.



Astrology With Annie | anniebertrand.com

Welcome, Mama—You're in the right place.

I'm Annie Bertrand, an astrologer and energy healer, and if you're here, I know you're a cycle breaker. You see the patterns. You feel the weight of your family's past, and you're determined to do things differently for your children

.
That's exactly what led me here, too.

During my Saturn Return, my world cracked open. I had built a "successful" career in pharmaceutical marketing, but I felt deeply misaligned. Then I became a 2nd time mom—raw, relentless, and nothing like I expected. Postpartum depression hit hard, and traditional therapy barely scratched the surface of what I was carrying.

It wasn't until I discovered energy healing that something finally shifted. It reached depths therapy never could. And as I trained to become a healer, I started unlocking past life memories, including one where I had been an astrologer.

That moment changed everything.

I realized astrology wasn't just personality traits; it was a map. A blueprint of the emotional patterns passed down through generations. And when I applied it to my own family, I saw it: Our children inherit more than our genes. They carry our unprocessed emotions, our survival strategies, our fears.

And if we don't heal them, they carry them forward.





How to use this guide

This isn't just another journaling workbook—

It's an invitation to reconnect with your inner child who's been waiting to be seen, heard, and held.

Inside, we'll use astrology as a mirror to gently explore your inner child's emotional world.

You'll reflect on your **Moon sign** (your core emotional needs), **your IC** (the energetic imprint left by your early environment), and your **Sun sign** (your innate joy and soul essence).

Take your time.
Let your body guide you.
Pause when something stirs.

And most of all—**let your inner child lead the way.**
They know the path back home.

You're safe now.
Let's begin.



PART 1

COMING HOME TO YOUR EMOTIONS

Your inner child is not
a memory. They are a
living presence in your
nervous system.



Moon Sign = Your Emotional Needs & Coping

Use the following pages of this guide, to complete this prompt based on your **Moon sign**. This will tell you what your inner child needed, but what you actually did instead when your emotional needs were not met.

"As a [Moon sign] Moon, I needed _____ but instead I learned to _____."

Ex: As a Capricorn Moon, I needed to be guided with patience & stability, but instead I learned to grow up fast and not rely on anyone.

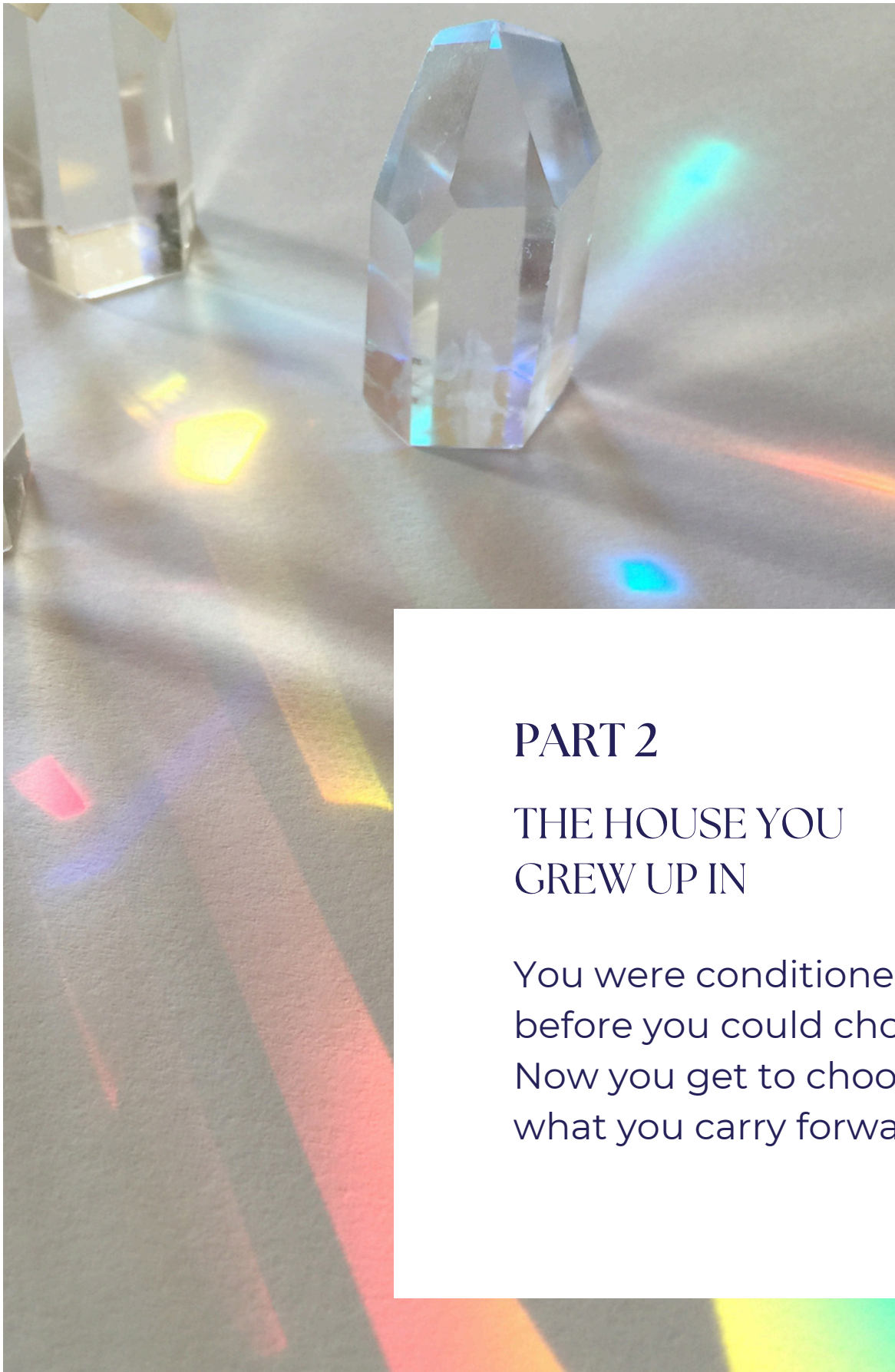
In your journal, use your Moon sign to fill in the blanks on the previous page

Moon sign:	Needed:	But instead learned:
Aries	to feel free to act on my impulses	to tone myself down to avoid being “too much.”
Taurus	consistent comfort and predictability	to self-soothe in silence and pretend everything was fine
Gemini	curiosity and space to express all my thoughts	to keep things light and hide my real feelings
Cancer	be nurtured and emotionally held	take care of others so I wouldn’t be abandoned
Leo	feel seen and celebrated for who I was	to earn attention by being useful or entertaining
Virgo	feel safe in the details and supported in my sensitivity	hold it all together and fix myself

Other signs on the following page

In your journal, use your Moon sign to fill in the blanks on the previous page

Moon sign:	Needed:	But instead learned:
Libra	peace and emotional harmony	to prioritize others' needs so I wouldn't cause conflict
Scorpio	to trust that my emotions were safe to feel	to hide my pain and control what I let others see
Sagittarius	adventure and emotional freedom	to laugh things off and avoid sitting with my sadness
Capricorn	to be guided with patience and stability	to grow up fast and not rely on anyone
Aquarius	feel accepted in all my uniqueness	to detach from my feelings to fit in or be liked
Pisces	gentle reassurance and emotional connection	to disappear into dreams or take on others' pain



PART 2

THE HOUSE YOU GREW UP IN

You were conditioned
before you could choose.
Now you get to choose
what you carry forward.



IC Sign = Family Conditioning & Emotional Inheritance

Use the following pages of this guide, to complete this prompt based on your **IC sign** (beginning of the 4th house). This will tell you what your inner child really wanted, but what they were taught to do instead to “fit in” and comply with the rest of the family.

“With [sign] on my IC, I was taught that _____, but my inner child really wanted to _____.”

Ex: With Aries on my IC, I was taught that doing it alone, but my inner child really wanted to be protected and gently guided.

Note: Do you see how my Moon story (Capricorn in Part 1) goes hand in hand with this IC story? Your birth chart is a cohesive unit. of intertwined layers.

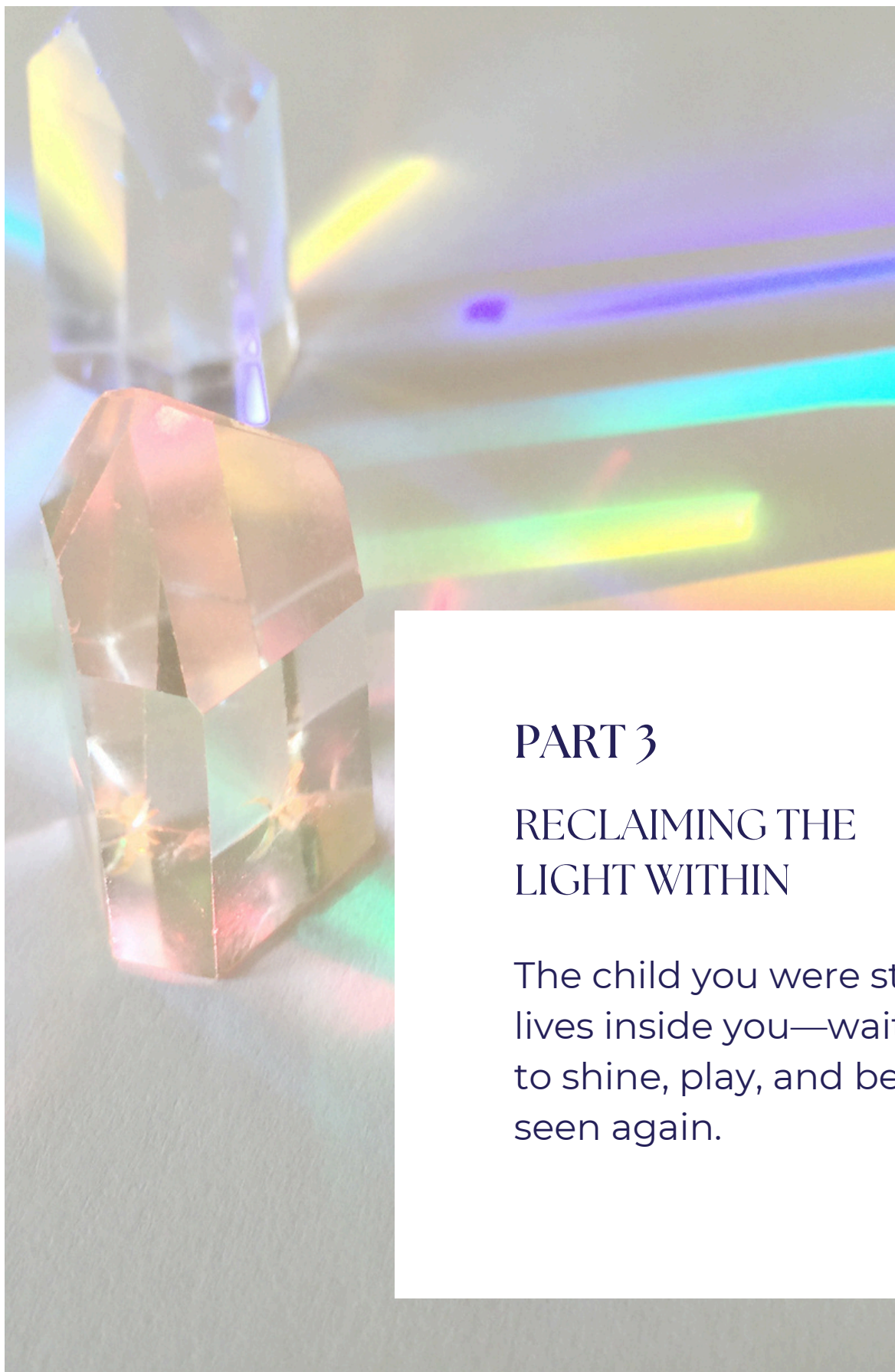
In your journal, use your IC sign to fill in the blanks on the previous page

IC sign:	Was taught that:	But really wanted:
Aries	strength means doing it alone	to be protected and gently guided.\
Taurus	stability must be earned or maintained at all costs	to feel safe just by being
Gemini	to talk it out instead of feel it	someone to sit with my silence and emotions
Cancer	that emotions were everything—and sometimes too much	boundaries and to feel held without absorbing everyone else's pain
Leo	to perform for attention and approval	to be loved even in my quiet or messy moments
Virgo	to be helpful and put-together to be accepted	rest, reassurance, and room to be imperfect.

Other signs on the following page

In your journal, use your IC sign to fill in
the blanks on the previous page


IC sign:	Was taught that:	But really wanted:
Libra	to keep the peace no matter what I felt	to prioritize others' needs so I wouldn't cause conflict
Scorpio	that trust had to be earned and emotions were dangerous	safety in vulnerability and space to feel deeply
Sagittarius	that freedom was more important than emotional closeness	someone to stay and see me fully.
Capricorn	responsibility mattered more than my feelings	permission to fall apart and still be loved.
Aquarius	to detach and intellectualize emotions	warmth, belonging, and emotional presence
Pisces	to escape or absorb others' pain in silence	grounding, clarity, and someone to anchor me emotionally.



PART 3

RECLAIMING THE LIGHT WITHIN

The child you were still
lives inside you—waiting
to shine, play, and be
seen again.



Sun Sign = Joy & Self-Expression

Use the following pages of this guide, to complete this prompt based on your **Sun sign**. This will tell you what made your inner child happy, but you learned to dim for self-preservation.

"As a [Sun sign] child, I lit up when _____, but I learned to dim that part of me because _____."

Ex: As an Aries child, I lit up when I could lead, explore, and take bold risks, but I learned to dim that part of me because I was told I was too much.

In your journal, use your Sun sign to fill
in the blanks on the previous page

Sun sign:	Lit up when:	Dimmed that because:
Aries	I could lead, explore, and take bold risks	I was told I was too much or too impulsive
Taurus	I could enjoy simple pleasures and take my time	I was told I was lazy or too slow.
Gemini	I could ask questions and share ideas	I talked too much or needed to be quiet
Cancer	I could nurture others and feel emotionally connected	I was told I was too sensitive or needy.
Leo	I could shine, create, and be celebrated	I was showing off or needed to be more humble
Virgo	I could help, organize, and make things better	I was told it wasn't my job to fix everything

Other signs on the following page

In your journal, use your Sun sign to fill
in the blanks on the previous page

Sun sign:	Lit up when:	Dimmed that because:
Libra	I could connect, collaborate, and create harmony	I was told to pick a side or stop being so indecisive.
Scorpio	I could go deep and speak my truth	I was told I was too intense or too much to handle.
Sagittarius	I could explore, ask big questions, and laugh	I was told to settle down or take things seriously
Capricorn	I could take the lead and make things happen	I was told I had to wait my turn or be less controlling
Aquarius	I could be different and think outside the box	I was told to fit in or be more "normal"
Pisces	I could dream, imagine, and feel everything	I was told I was too sensitive or unrealistic



Reflective Journal Prompts

01

What part of my inner child's story feels the most alive or tender right now?

02

What are 1-2 ways I can meet my inner child's unmet needs today?

03

Where in my current life am I still dimming my light to stay safe?

04

What family belief or emotional habit am I ready to release that I have been carrying since childhood?



Integration & Your Next Step Forward

You've just created space to witness, validate, and reconnect with your inner child. This is powerful work—and it doesn't have to stop here.

If you'd like to take this deeper, I invite you to use your tools that help you clear and close your Akashic field and release ancestral imprints that may still be influencing you to this day!

If you're not sure how to do that yet, I would be honored to walk with you inside my program [Liberate Your Family Line](#); a sacred journey of healing the inner child, healing your children & rewriting your family story.

You're not just healing for you—you're healing for generations past and future.

Affirm: I am allowed to feel, to soften, to shine, and to heal.

*Much love,
Annie*