

Journaling to Heal Your Inner Child

Help your Inner Child heal with these journaling prompts

The thing I like most
about me is. . .

I feel _____ a lot
of the time. . .

I love my. . .

I feel empowered when. . .

I feel most alone when. . .

When I'm feeling
overwhelmed or need
help, I. . .

My least favorite thing is. . .

I feel small and
insignificant when. . .

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Disclaimer! Working with our developmental emotional trauma can be difficult. It is up to you to know when you should ease back, slow down, or seek professional help through a trauma specialist. This workbook is asking you to play both the therapist and the patient roles. This is not easy work. If at any time you feel overwhelmed, it is advised that you slow down and consider speaking with a professional.

What is the Inner Child?

The inner child is a concept more than it is something that scientifically exists within ourselves. As we developed from the ages of 0 to 5, from 5 to 10, from 10 to 15, and from 15 to 20, any event that happened in those developmental years was filtered through our EMOTIONAL brains. You know, those brains that hadn't quite figured out logic or reasoning yet? Remember when you were 6 and your sibling dunked your favorite toy in the toilet, then your parents didn't believe you? That was pretty much the "end of the world", right? Well, it clearly wasn't, but it felt like it was then! As we developed, our Inner Child kept an emotional tally of those moments and now as adults, if we didn't properly process those feelings back then, we might just be acting out immaturely because of it.

Some of us have forgotten what brings us joy. There's no version of ourselves who knows how to pursue joy quite like our 6-year-old selves. I recently asked a friend's 6-year-old son what his favorite color was and he responded "All of them." but then came back to clarify, very importantly, "All of the colors IN THE WORLD." I love that confidence and commitment to not settle on something so clearly important to him – his favorite color. Can you recall a time recently when you had that much confidence in something?

I believe one of the biggest keys to uncovering our calling is digging deep and re-exploring the delightful activities that lit us up with joy as children. At 6 years old we didn't second-guess ourselves. We didn't have the pursuit of income in the back of our minds. as we thought about what we wanted to do.

As you complete these journal prompts it's ___important___ that you fully shed your adult filters and sensibilities while you write your responses. We already know the logical and thought out answers. That's not the point here. No one's going to see this workbook other than you, so feel FREE to be silly and absolutely in tune with what 6-year-old you believed with ALL of your tiny little heart. Have fun with it! You're asked to draw out your responses. Don't let your grown-up brain interject with "But I can't draw!" – that's absurd to any 6-year-old. Have you got a pen in your hand? Well then, duh, of course you can draw? Or did you hand stop working?

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Little T's and Big T's – Healing Trauma

When we look back on our childhoods it can be very easy to write off what are called "little T's", or little traumas, because they really weren't that big of a deal. Having your favorite toy dunked in the toilet looks like an NBD moment now as we look back with our rational adult brains – but try stepping into the scene with the brain and emotion of a six year old. It's a very traumatic experience. And if you had parents who chose your sibling's side, or perhaps parents who were distant, those "little T's" can certainly add up. Of course the "big T's" like death or abuse are easier to spot and recognize as potential blocks to our inner child, but I hope with this exercise you can more easily recognize those sneaky little ones.

It's very important not to deny the reality of your Inner Child. Remember that as a 6 year old, FEELINGS outweighed facts and by applying our adult logic to our Inner Child's concerns, we are doing a disservice to acknowledging those feelings.

Be kind to yourself as you go through this exercise. Don't try to explain the behavior of the adult figures in your life. Allow your Inner Child to fully express themselves while reassuring them that you're here now and they are safe.

If at any time this exercise becomes overwhelming, take a break. Stop and breathe for a minute and remember how far you've come in your life. Acknowledge how much you've survived.

My name's _____, I like to go by _____, and I'm 6 years old.

The thing I like most about me is. . .

When I go to school I feel. . .

The thing my parent/s like most about me is. . .

Draw it out!

I feel _____ a lot of the time. . .

I love my. . .

I feel scared when. . .

Draw it out!

My favorite thing to do by myself is. . .

When I'm feeling overwhelmed or need help, I. . .

My name's _____, I like to go by _____, and I'm 6 years old.

I feel most alone when. . .

A feel hurt when. . .

My favorite safe space is. . .

Draw it out

Sometimes I _____ to soothe myself. . .

My least favorite thing is. . .

I feel empowered when. . .

Draw it out

I feel small and insignificant when. . .

Something I'm ashamed to admit is. . .

My name's _____, I like to go by _____, and I'm 6 years old.

Wall of memories I'd like to process. . .

Draw it out

Draw it out!