

Signs and Symptoms that you Have a Wounded Inner Child

A wounded inner child means that you have trauma from your childhood that has not healed. The wounded inner child, if unhealed, still longs for the love, care and attention that wasn't received during childhood. Because of this, the wounded inner child causes adults to behave in ways that may be toxic or harmful to loved ones.

Answer each question yes or no

1. You are angered or hurt when you feel unseen or unheard _____
2. Your boundaries are too weak or too rigid _____
3. You tend to idolize people and put them on pedestals _____
4. You get really angry when you feel someone has let you down _____
5. You are a people-pleaser and avoid conflict at all costs _____
6. You often feel as though you are not loved _____
7. You are clingy with friends and partners _____
8. You are hurt by criticism _____
9. Doing something new gives you anxiety _____
10. You find it difficult to trust others _____
11. You find yourself jealous of friends and those around you _____
12. You find it difficult to make decisions _____
13. You place a lot of emphasis appearance ie wearing fancy clothes and or designer labels _____
14. You sometimes feel inadequate and not good enough _____
15. Some say you come across as too nice or too abrasive _____
16. You are a super over-achiever _____

If you answered yes to two or more of these questions you may have some wounds from childhood that may need to be healed.

If you answer yes to 5 or more of these your wounded inner child truly needs some attention and may be sabotaging your relationships while skewing your view of the world. Please, see a [therapist](#) and begin the [healing process](#).