

ALENG TENA

INNER CHILD HEALING JOURNAL PROMPTS

1. WHAT ARE MY EARLIEST MEMORIES OF FEELING HAPPY AND SAFE? WHAT CONTRIBUTED TO THESE FEELINGS?

2. WHAT ARE MY EARLIEST MEMORIES OF FEELING HURT OR SCARED? HOW DID I COPE WITH THESE EMOTIONS AS A CHILD?

3. HOW DID MY CAREGIVERS SHOW LOVE AND AFFECTION? HOW DID THIS AFFECT MY SENSE OF SELF-WORTH?

4. WERE THERE TIMES WHEN I FELT MISUNDERSTOOD OR UNSUPPORTED BY MY FAMILY? HOW DID I RESPOND TO THESE SITUATIONS?

5. WHAT ACTIVITIES OR HOBBIES BROUGHT ME JOY AS A CHILD? DO I STILL ENGAGE IN THESE ACTIVITIES TODAY?

6. WHAT WERE MY BIGGEST FEARS AS A CHILD? HOW DO THESE FEARS MANIFEST IN MY ADULT LIFE?

7. HOW DID I EXPRESS MY EMOTIONS AS A CHILD? WERE THERE ANY EMOTIONS THAT I FELT WERE UNACCEPTABLE TO EXPRESS?

8. WHO WERE MY CHILDHOOD ROLE MODELS, AND WHY DID I LOOK UP TO THEM? HOW HAVE THEY INFLUENCED WHO I AM TODAY?

9. WHEN DID I FIRST EXPERIENCE FEELINGS OF GUILT OR SHAME? WHAT WERE THE CIRCUMSTANCES, AND HOW DID THEY SHAPE MY SELF-PERCEPTION?

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10. HOW DID I DEAL WITH CONFLICTS OR DISAGREEMENTS AS A CHILD? HOW DOES THIS COMPARE TO HOW I HANDLE CONFLICTS NOW?

11. WHAT CHILDHOOD DREAMS OR AMBITIONS DID I HAVE? HOW DO THEY ALIGN WITH MY CURRENT GOALS AND ASPIRATIONS?

12. ARE THERE ANY UNFULFILLED NEEDS OR DESIRES FROM MY CHILDHOOD THAT STILL IMPACT ME? HOW CAN I ADDRESS THESE NEEDS NOW?

13. WHAT KIND OF SUPPORT OR NURTURING DID I CRAVE AS A CHILD BUT DID NOT RECEIVE? HOW CAN I PROVIDE THAT FOR MYSELF NOW?

14. HOW DID MY FAMILY HANDLE MISTAKES OR FAILURES? HOW HAS THIS INFLUENCED MY CURRENT ATTITUDE TOWARDS MISTAKES?

15. WHAT WERE THE FAMILY RULES OR EXPECTATIONS GROWING UP? HOW HAVE THEY SHAPED MY BELIEFS AND BEHAVIORS?

16. HOW DID I COPE WITH LONELINESS OR FEELINGS OF ISOLATION AS A CHILD? HOW DO THESE COPING MECHANISMS SHOW UP IN MY ADULT LIFE?

17. WHAT POSITIVE QUALITIES OR STRENGTHS DID I HAVE AS A CHILD THAT I MAY HAVE LOST TOUCH WITH? HOW CAN I RECONNECT WITH THESE QUALITIES?

18. WHAT MESSAGES DID I RECEIVE ABOUT MYSELF AND MY ABILITIES FROM MY CAREGIVERS AND TEACHERS? HOW DO THESE MESSAGES AFFECT MY SELF-ESTEEM TODAY?