



## Inner Child Reflection Worksheet

1. What emotions do you often feel but struggle to express?

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2. What did you need most as a child that you didn't receive consistently?

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3. When you're triggered, what is the story you often tell yourself?

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4. What are the earliest moments you remember feeling unseen or misunderstood?

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### **Affirmation:**

*I am safe to feel. I am allowed to heal. The child within me is worthy of love, softness, and truth.*

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087 153 5945

**Experience the Freedom of Inner Healing**