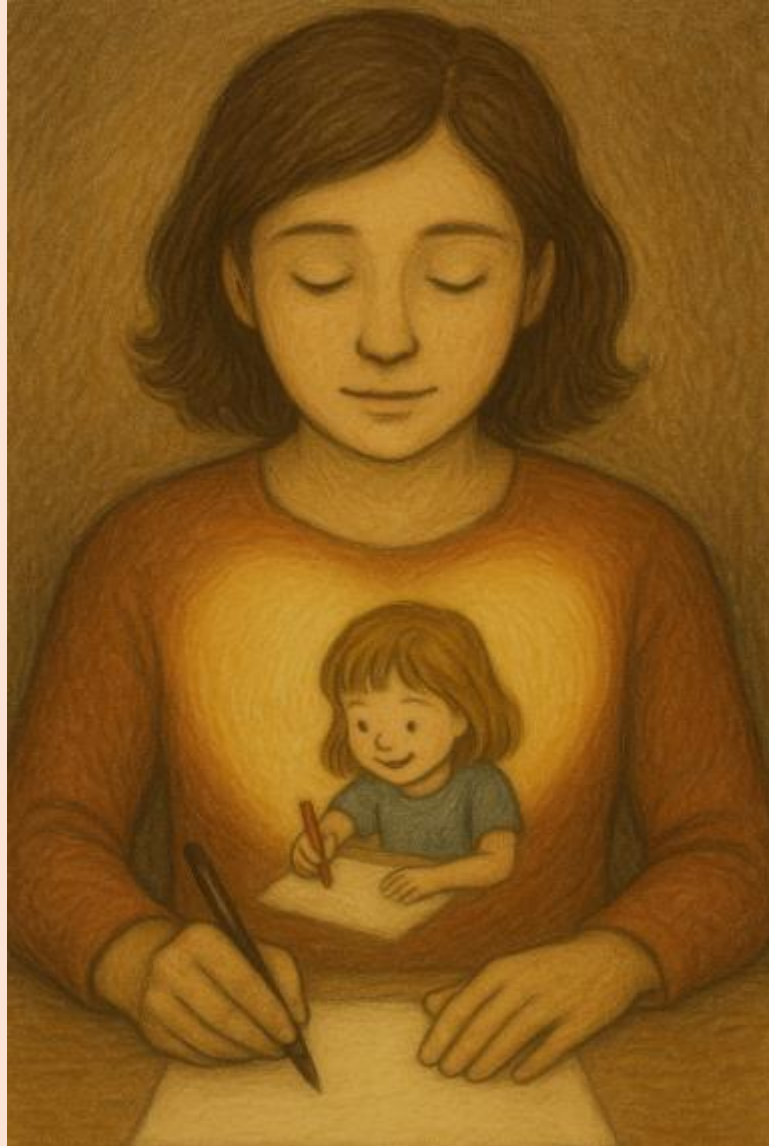


# Journaling with your Inner Child



# How does Journaling help us?

- Our thoughts, feelings, memories and inner dialogues often swirl around inside us, unseen, unheard, unacknowledged
- Journaling makes the unconscious conscious
  - It's like holding a torch down into a well and realising, *"Oh, that's what I've been carrying..."*
  - It helps unearth forgotten memories, core beliefs (often inherited when we were small) and unmet needs or longings
- Journaling creates a space for self-witnessing - there's something profoundly healing and validating about putting words on paper and saying
  - *This is what I feel... this is what I think... this is mine*



# Connecting with your Inner Child

- Opening a dialogue with our inner child can help us reflect on our childhood experiences and emotions
- As we connect with our younger selves and learn more about their perspective and experiences, we can gain more empathy and compassion
- Giving validation to the emotions and needs of our younger selves can aid their healing
  - *We have survived*
  - *We have learnt and grown through our experiences*



# Connecting with your Inner Child

- Think of a safe adult in your life when you were young, and imagine them sitting with you, really listening.
- You don't have to protect their feelings. You don't have to be polite. You just have to be honest.
- Write down, as your young self:
  - *What do you wish they knew?*
  - *What confused and scared you back then?*
  - *What hurt you but was never spoken?*
  - *What were you proud of but no one saw?*
  - *What kind of love and attention did you crave?*





# Connecting with your Inner Child

- Take a look at the Dixit cards and ask your child or teenage self to choose one
- Open the dialogue with your Inner Child/Teen by asking them how they felt about doing this
- Sit with them with the image and make a note of the emotions, phrases and thoughts that come to mind
- Write them down
- Write to your young self validating their experience; encourage them to respond back to you



# Connecting with your Inner Child

- Take a look at the Strength cards and choose some that fit your experience
- Continue the dialogue with your inner child as you and your child self own the strengths you have



# Connecting with your Inner Child

Close your eyes...

In your imagination, hold eye gaze with your Inner Child...

Ask your young self if they have any insights for you, into your life right now...

What would they like to say to you?

How do you respond?

Journal the experience

