

# Inner Child Worksheets

<b>Personal Information</b>	
Name: Carl Matson	
Age: 30	Date: April 2, 2024
<b>Introduction</b>	
<p>This workbook is a collection of worksheets intended to help you connect with, understand, and heal your inner child. Each worksheet focuses on a different aspect of your inner child's world, from visualization and dialogue to playfulness and healing. These exercises are designed to be a gentle and nurturing journey toward self-discovery and self-love.</p> <p>As you work through the pages, you may encounter memories, emotions, and insights that can lead to profound healing and growth. Remember to approach each exercise with an open heart and a compassionate mind.</p>	
<b>Inner Child Visualization Worksheet</b>	
<p>Visualization is a powerful technique that can help you connect with your inner child. In this exercise, you will create a safe and nurturing space in your mind where you can meet and interact with your younger self.</p> <p><b>Follow the procedure for visualization below:</b></p> <ol style="list-style-type: none"><li>1. Find a place where you feel safe and relaxed to do this visualization.</li><li>2. Close your eyes and breathe.</li><li>3. Imagine yourself in your ideal safe space, a place where you feel completely safe and at ease. It can be a real or imaginary place.</li><li>4. In your safe space, imagine your inner child appearing. Notice their appearance, expressions, and body language.</li><li>5. Observe how your inner child reacts to you. Are they happy, scared, curious?</li></ol> <p>After you have done this visualization exercise, answer the questions below. You can also repeat the exercise while answering the questions, but please answer the questions honestly and without curating your responses.</p>	
<b>1. Describe your safe space in detail.</b>	
<p>A small cabin in the woods, surrounded by tall trees and a gentle stream. It's peaceful and quiet, with a warm fire inside. My two dogs are in the corner, cuddling on a large dog bed. My wife is out on the porch reading.</p>	
<b>2. Describe your inner child as you see them.</b>	
<p>A young boy comes out of the woods looking lost, about 6 years old, with messy hair and a serious expression. He's wearing old, worn-out clothes. He has bruises and cuts on his knees and arms, like he stumbled a lot through the woods.</p>	

### 3. Describe your inner child's reaction to you.

He seems cautious at first, but then he relaxes a bit when he sees that I'm not angry. He really looks like he needs help

### 4. What are your thoughts on your experience of this visualization exercise?

It was harder than I expected to connect with my inner child. I felt a mix of sadness and protectiveness towards him. I want to help him. I want to save him.

## Inner Child Dialogue Worksheet

Engaging in a dialogue with your inner child can be a powerful way to understand and heal past wounds, identify unmet needs, and nurture your inner child.

In this exercise, you will write down questions and responses as if you were having a conversation with your younger self. It helps to do this while visualizing your inner child. In fact, this can be done immediately after the steps of the visualization exercises.

First, find a safe and relaxing place for this exercise. Then, visualize your inner child and have a conversation with them. You may also answer the questions that follow and try to follow each indicated step.

### Step 1: Initiate the conversation. Ask your inner child a question.

What question do you first ask your inner child?

Hey, are you okay?

How does your inner child respond?

No. I'm lonely and I'm lost.

### Step 2: Continue the conversation by exploring feelings and needs.

What question do you ask your inner child their feelings or needs?

What do you need?

How does your inner child respond?

I need help, my arms and legs hurt. I just wanted to play. But I got lost and got hurt.

### Step 3: Provide words of support, reassurance, and love to your inner child.

Write down the supportive words or messages you offer your inner child.

You don't have to worry anymore. You can play as much as you want without getting lost or hurt. I'm here. And I promise you'll get strong enough to be okay even if you get lost. You'll be strong enough to make it an adventure.

**Step 4: If appropriate, gently address any past hurts or traumas your inner child may have experienced.**

Write down a question or statement addressing past hurts.

I know it was tough not getting the attention and care you deserved. How can we heal that pain together?

How does your inner child respond?

Maybe if I feel like I matter now, it'll help heal the past.

**Step 5: Thank your inner child for communicating with you and reassure them that you are always there for support.**

Write down your closing words to your inner child.

Thank you for talking with me. I'm here for you, always.

Reflect on your experience of this dialogue.

How do you feel after having this conversation with your inner child?

It was painful, but in away, relieving. I want to believe I'm strong enough to take care of myself now. But I do feel that I understand myself better now.

**Inner Child Playfulness Worksheet**

Reconnecting with the joy and playfulness of your inner child can be a transformative experience. This worksheet is designed to help you rediscover the activities and interests that brought you happiness in childhood, and to encourage you to incorporate more play and fun into your adult life.

**1. Take a moment to think back to your childhood. What activities, games, or hobbies brought you joy? (List some of your favorite childhood activities.)**

I liked playing games. Any kind of games, whether video games, sports, outdoor games, board games. I like watching TV too. When it wasn't too hot outside, I'd ride my bike for hours around the neighborhood. I would sometimes go out at high noon stay at the playground even when it's blazing hot because that's when it's empty. That's the only time I would get to sit at the swings. They were always full when there are other kids.

**2. Choose one of the activities you listed and describe how you felt while engaging in it. (Describe your feelings and experiences.)**

I loved playing video games because it was like an escape. One of my fondest memories was playing a game called Macross with him. In that game, there is a space jet fighter that shoots enemies that could transform into a robot. I never could do it, but my dad could make it transform, and he did it repeatedly while doing a little dance himself. It was fun. It was the only time when he wasn't angry with me about something I couldn't do.

**3. Think about how you can bring elements of this activity into your current life. It could be as simple as doodling, playing a game, or spending time in nature. (Describe how you can incorporate this activity into your adult life.)**

I still play video games, but I guess I also liked the idea of going on adventures. I can start going on hikes and exploring nature trails.

**4. Make a commitment to yourself to engage in playful activities regularly. (Set a goal for how often you will participate in these activities.)**

I commit to going on an adventure every week.

**5. After engaging in this exercise, reflect on how it made you feel. Did it bring a sense of joy or relaxation? How did it impact your mood and overall well-being?**

I feel happier and more excited for the weekend. I'm already scheduling a hike. I feel more purpose.

### Inner Child Healing Letter Worksheet

Writing a letter to your inner child is a powerful way to express understanding, support, and love. It provides an opportunity to acknowledge past pain, offer comfort, and affirm your commitment to nurture and protect your inner child.

**Before you write the letter, here is some guidance on what to do:**

1. Begin your letter by addressing your inner child directly. Use a compassionate and gentle tone.
2. Recognize and validate any hurt or trauma your inner child experienced.
3. Express empathy and understanding for what your inner child went through by writing words of comfort and understanding for your inner child.
4. Reassure your inner child that they are loved and valued. Affirm your commitment to their well-being by writing reassurances of love and commitment.
5. Commit to taking actions that will support the healing and growth of your inner child. Write down the promises you are making to your inner child for their future well-being.
6. End your letter with words of hope, encouragement, and love.

**Please write your letter below:**

Dear Little Carl,  
Hey. You're okay, you're here. I see you and I hear you, and I'm here for you. I know you felt pressured to be perfect so that you can at least be noticed, and I understand. It's hard to carry other people's expectations, and to be told to grow up and be a man. It wasn't fair, and you deserved so much more.  
I'm sorry for all the times you felt alone and unimportant. I'm sorry that you had to fight to get some control over where your path is going. But I'm so proud that you became a bit stronger and better—stronger than your parents think you are and wanted you to be, better than your father thinks he is.  
I'll always make space for the things that make you happy. You always just wanted someone to fight for you, or at the very least, be in your corner. In honor of that, I'll fight for you and protect your loved ones.  
Thank you for your strength and resilience.  
You're not alone anymore.

Here for you always and with love,  
Adult Carl

**Reflect on the process of writing this letter.**

*(How do you feel after expressing these thoughts and emotions to your inner child?)*

Writing this letter pulled up a lot of deep issues I thought were not there anymore. It was emotional but cathartic. I feel a sense of relief, honestly.

**Healthcare Professional's Notes and Reminders**

Carl, I can see that we made a breakthrough here. I can see who you are now, and I can honestly tell you that if little Carl could see you, he'd look up to you. Please continue to nurture your inner child through playfulness and self-compassion. Consider exploring any unresolved feelings towards your family in therapy.

**Healthcare Professional's Information and Contact Details**

Name: Dr. Emily Nguyen

License Number: PSY987654

Phone Number: (555) 324-8976

Email: e.nguyen@healingminds.com

Name of Practice: Healing Minds Clinic