



INNER CHILD JOURNALING TRANSCRIPT



TRANSFORMATIONAL
JOURNALING

with *Christa Potter*



INNER CHILD JOURNALING

▷ What You'll Discover

- What inner child work is.
- How to journal as a form of inner child work.
- How it can help you process and heal difficult experiences and emotions.
- How it helps you discover your authentic self.

▷ What Inner Child Journaling Is

Journaling to and journaling as your inner child or a past version of yourself can be a very powerful tool for healing and transformation. Doing inner child work is all about connecting to yourself at a time in your life where you needed support and healing that you may not have received at that time. If experienced deep traumas as a child and you're wanting to do inner child work around those traumas I highly recommend doing this work under the care of a professional. For the purpose of this course we are going to be dealing with wounds that, while not being severe trauma, still deeply affected our sense of self-worth, self-esteem, and happiness. We often too quickly ignore and invalidate the effect that encounters and feelings we experienced in the past had on us. And the effect they continue to have on us moving forward. We continue to react and respond to old hurts and old wounds in the present that are ready to be healed and left in our past.

▷ How to Do Inner Child Journaling



Before diving into inner child work through journaling you'll want to first connect to your inner child. Reconnect with that innocence. Write letters to your inner child like she is a good friend. Establish that relationship. You can do this via mediation, visualization, looking at pictures of yourself as a child. There are a lot of ways to make this connection. You can look for guided inner child meditations on YouTube for example. There are wonderful people out there who specialize in inner child work but this is something, as with anything, you can tackle on your own if you are willing. I've found it really beneficial when doing inner child work to visualize myself as a young child (you can target an age you found particularly emotionally challenging or impactful) and my current self as the mother figure. You can talk to your inner child. Ask her questions. Visualize the encounter. You can visualize yourself as a child knocking on your door looking for help. Ask her in. Build rapport and connection and offer support. Offer her the support and words you longed for at that time and didn't receive. Comfort her. Support her. Hold her. You will know what that comfort and support should look like and feel like.

▷ Benefits of Inner Child Journaling

Journaling through these traumas, hurts, disappointments, or rejections we experienced as a child or in our past can help us process them and release the emotional charge they have on us. Again, I stress, if you are reliving and processing highly traumatic events make sure you are doing so under the care of a professional.

You can use the journal prompts as the guidance for your conversation. You can also set the intention to connect to your inner child via your journaling and just dive into it but I find that at least going through a meditation or visualization process first helps the process.

You can also use inner child work to simply reconnect with the innocence and authenticity of who you were as a child. Before you began molding yourself to fit into society, your family, or your religion. Before you started giving up on your dreams.

Here are some inner child work journal prompts for you.



▶ Journal Prompts

- Think of a time in your childhood when you didn't receive the love, attention, or positivity you were yearning for.
- What would you say to her if she was here now?
- What are some things you used to do and love as a child that you stopped doing because of something someone said or how you were made to feel?
- Knowing what you know now, and where you are now, what do you say to your past self if you could go back in time? What would you tell her?
- What experience from your past have you not yet fully accepted?
- If I could talk to my teenage self, the one thing I would say is...
- How would you describe yourself as a child? In what ways have you maintained or lost those qualities? Why?
- When you were a young child, were you allowed to enjoy and express yourself, or taught to subdue it?
- Are there any parts of her life where your inner child feels neglected? Check in with her to see how she wants to be nurtured.



- How can you show yourself that love?
- What are your biggest life goals and priorities?
- Are you living in alignment with them? If not, how can you start to?
- What do you need to forgive yourself for?



Notes

A series of horizontal dotted lines for writing notes.

