



## INNER CHILD JOURNALING WORKSHEET



TRANSFORMATIONAL  
JOURNALING

with *Christa Potter*



## INNER CHILD JOURNALING

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. 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.

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.

Enjoy!

*Christa Potter*







A series of horizontal dotted lines for writing, spanning the width of the page.







A series of horizontal dotted lines for writing, spanning the width of the page.







A series of horizontal dotted lines for writing, spanning the width of the page.







A series of horizontal dotted lines for writing, spanning the width of the page.







A series of horizontal dotted lines for writing, spanning the width of the page.







A series of horizontal dotted lines for writing, spanning the width of the page.







A series of horizontal dotted lines for writing, spanning the width of the page.







A series of horizontal dotted lines for writing, spanning the width of the page.







A series of horizontal dotted lines for writing, spanning the width of the page.



