

Inner Child and Younger-Self Prompts

A Printable Guide for Inner Work and Healing



1. What did younger me need to hear more often?

2. What did I believe about myself as a child that I no longer believe today?



3. Which parts of my personality did I learn to hide to feel accepted?

4. What did I need permission to do, feel, or say when I was younger?



5. What childhood experience still influences the way I respond to criticism?

6. What would I tell the younger version of me who felt left out, misunderstood, or not good enough?



7. Which expectations from childhood am I still carrying into adulthood?

8. What did younger me enjoy before worrying about whether it was productive or impressive?



9. What would make younger me feel proud of the person I've become?



10. What is one way I can give myself the patience or encouragement I needed back then?

