

Shadow Work Journal Prompts for Inner Child Healing

What are some of my earliest memories from childhood? How do these memories make me feel now?

What were some of my favorite activities or hobbies as a child? How do these activities still bring me joy today?

What were some of my biggest fears or insecurities as a child? How do these fears and insecurities still affect me, and how do they no longer serve me?

What were some of the messages that I received from my caregivers or authority figures during childhood? How do these messages still affect me today?

What were some of the unmet needs that I had as a child? What can I do to meet those needs as an adult?

Thinking about a time I had to cope with difficult emotions as a child – are these coping mechanisms still healthy or do they need to be reevaluated?

What were some of the ways that I sought validation or approval from others as a child? How do these patterns still affect my relationships today?

What were some of the ways that I expressed my creativity or imagination as a child? How can I incorporate more of these activities into my adult life?

What were some of the ways that I experienced joy or playfulness as a child? How can I cultivate more joy and playfulness in my adult life?

What are some ways that I can connect with my inner child and offer them the love and support that they missed out on during childhood?