



“Listen to Inner Child's feelings and needs here and now. The often frustrated primal needs of that Inner Child - love, acceptance, protection, nurturance, understanding - remain the same as when we were children.”

Stephen Diamond, PhD

INNER CHILD SAMPLE QUESTIONS

BEGIN JOURNALING WITH SIMPLE QUESTIONS

Create a written dialogue between your Adult Self (your conscious mind, the part of you literally reading this right now) and your Inner Child (emotions, feelings, beliefs, and pure, honest, unapologetic, unedited perspectives). With practice you will have the know-how to tune into your own needs. Begin with simple questions, such as:

"How are you feeling?" or "What are your needs right now?" or "How can I provide help or comfort today?"

OR USE THESE SAMPLE JOURNAL QUESTIONS TO GET STARTED

You may save and type within this pdf. Writing in a journal is ideal too. **If this is your first practice, close your eyes and imagine** what you looked like at **age 5 or 12**. If you're choosing another age for Inner Child, imagine yourself at that age.

Imagine yourself at ___ years old. Describe what you see. What are you wearing? Your overall demeanor and personality? How was life for you then? How did you feel about you? Did you have a best friend? What did you like about yourself?

Inner Child, how do you feel about how life has turned out and the choices I've made recently? How do you feel towards me as an adult? Free-write all your thoughts. You're safe to be fully honest with me.

How can I ensure you feel proud of the life I've created? If you don't know its ok. I'd love to hear your wants and dreams.

If you need help imagining your Inner Child, you may want to try a guided meditation

<https://www.creatingyourbalance.com/meditations>

Will you allow me to try to make things better for you... to try my best to find a way?



Do you feel I've been neglecting you, your feelings and needs? You may even feel angry or alone.

Have I been paying too much attention to other people and other things in life? Which people or things?

I promise I will earn your trust. Do you trust me to keep my promises?

I'm making a commitment to improve things for you. What change do you want first? What can I do today to prove I will keep my promises?

Do you have confidence in me to actually carry this change out?

What have I done in the past that has lowered your trust in me to make the best choices for you?

I will always love you and never leave you alone again. Do you believe me?

Continue to create dialogue by free-writing your own questions and answers

SAMPLE DIALOGUE 2: YOUR UNSPOKEN, BROKEN DREAMS



Inner Child, what secret dreams and desires do you imagine? What makes you feel joy and inspiration?

What age did you first have these dreams? Visualize yourself at this age. What are you wearing? How are you feeling?

Inner Child, What old longings and fun activities would you like to see getting involved in now?

INNER CHILD: Ask Adult Self, how come it took you so long to ask? ADULT SELF'S RESPONSE (your mature thoughts):

Inner Child, from now on I promise I will listen closely to your wishes, desires and dreams. Do you believe me?

What do you envision freedom to be like? Describe what freedom looks like and feels like to you.

What part of your unlived life do you want to begin living first?

Continue to create dialogue by free-writing your own questions and answers

SAMPLE DIALOGUE 3: EMOTIONAL NEEDS IN RELATIONSHIPS AND SUPPORT



Inner Child, how do you feel about my current love life (whether married, in a relationship or single)?

What kind of emotional support would you like from another person to feel happier, safer and more comfortable?

INNER CHILD then asks ADULT SELF: How come you don't get this for me ? YOUR EXPLANATION (if applicable):

Inner Child, are you angry about this?

Inner Child, what can I do differently to make this up to you?

Do you trust me to do the right things, to plan, communicate and learn in order to get your needs met?

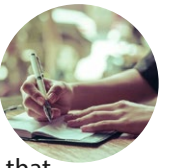
What do you want me to be doing differently to take care of you within relationships?

How do I abandon you in relationships? What makes you scared of getting rejected or HURT?

If you find yourself pulling away, needing space from your relationship, ask Inner Child, what are you most afraid of?

I promise I will never leave you alone with these feelings again, I am here for you to help you heal. Do you believe me?

SAMPLE DIALOGUE 4: ARE YOU FEELING LOVABLE? Modify based on relationship status



Inner Child's fears, neediness, and internal seething may make it hard for you to succeed in your relationships.

QUESTION FOR ADULT SELF: Can you still love and commit to Inner Child (your needs, fears of rejection, and everything that comes with this sensitive aspect of yourself) in spite of the nuisance she/he creates in your love life?

Say to Inner Child, I will always love you unconditionally—no matter how scared, overwhelmed, angry, needy, or emotional you get. I love you no matter what. Do you believe in my sincerity?

How can I show you that you are lovable?

Is there anything I've done in the past, or am doing currently that make you question my unconditional love for you?

Do you feel like you fit-in and belong with others?

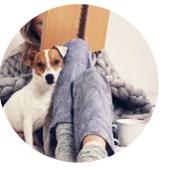
Are you feeling lonely currently? Or have you felt lonely recently? If so, what does lonely feel like to you?

How can I help you with these feelings of loneliness?

Tell me more about what you wish you had to feel supported and loved in your relationships with others? (ask more sensitive and specific questions about your relationships)

Continue to create dialogue by free-writing your own questions and answers

SAMPLE DIALOGUE 5: EMOTIONAL HUNGER



Inner Child, what are your most urgent emotional needs? Are you longing for something or someone?

Please elaborate so I fully see, hear and value what you need.

Which emotions and feelings are the most painful or difficult for you to deal with right now?

What can I do to show you that I care?

I am sorry I didn't know how to connect with you until now. What can I do differently in life to make up for lost time?

I will not leave you alone again. I will always be here to listen, care, and help change things for the better. Do you believe me?

Which of the 5 Self-Love Languages are most important to you? More Quality Time to explore interests or to relax, Thoughtful Gifts for myself, Physical Touch for sensory, comfort needs, Acts of Service like keeping a clean home, or Words of Affirmation to ensure I am speaking to you with kindness, appreciation, support, etc.

For more info and ideas: <https://www.creatingyourbalance.com/lovelanguages>

SAMPLE DIALOGUE 6: WHAT BRINGS YOU JOY OR PAIN



Inner Child, if you could do anything this weekend, what would you do? Free-write all ideas.

What's fun for you?

Who would you like to spend time with? Who have you always admired?

What kind of creative, active, experiences in nature, or playful activities come to mind that you enjoy?

Remind me of a time you felt excited about doing something creative, active, in nature, and/or playful?

How am I taking care of you in terms of having enough fun... or not enough fun?

What do you want to tell me about my passion and purpose? Remind me of what I imagined I'd be when I grew up.

If you could make anyone part of our family who would it be? What role would they play?

What would you like to explore more of in this world? What do you want to be doing differently to explore more?

How may I help provide more joyful experiences for you?