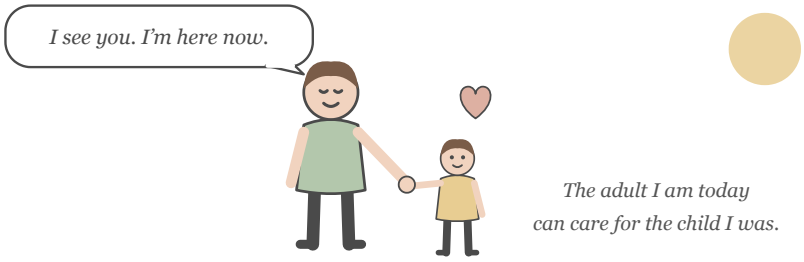
–LENSS–

Your Inner Child

Meeting, understanding and caring for the younger you.

Your inner child is the part of you that still holds the feelings, needs and memories of childhood: the joy, the curiosity, and sometimes the hurt and fear. When something today echoes something from the past, it can feel as if the younger you has taken over.

This worksheet helps you get to know that younger part of yourself, notice when it is being stirred up, and learn to give it the care it may have missed. Go gently, and take breaks if you need to.



Getting to know your inner child

- Find a photo of yourself as a child, or picture yourself at an age that stands out. How old are you? What do you see?
- What did that child love doing? What made them laugh?
- What did that child worry about? What did they need more of?
- What did they learn they had to be, or do, to be loved and accepted?

Child lenses and adult lenses

When strong feelings show up, ask: "Am I feeling this with my adult lenses, or my child lenses?"

Signs I'm wearing my child lenses	Signs I'm wearing my adult lenses
The feeling seems bigger than the situation	The feeling fits the situation
I feel young, small or helpless	I feel my age and remember my strengths
It feels urgent: it has to be fixed now	I can pause before I act
I'm sure people will judge, reject or leave me	I can see other possibilities
My own:	My own:



What my inner child needed

Need	Did I get this growing up? (yes / partly / no)	How I can give this to myself now
Safety and protection		
Comfort when upset		
Being seen and heard		
Praise and encouragement		
Play and fun		
Permission to make mistakes		
Belonging		

Serving your inner child

Caring for your inner child (sometimes called "re-parenting") means offering yourself the steady, kind care you needed then.

- **Check in:** once a day, ask "How are you feeling? What do you need?" and listen to the answer.
- **Comfort:** when the younger you is upset, try a hand on your chest, a slow out-breath and kind words: "I'm here. You're safe now."
- **Play:** make time for something your inner child loved: drawing, music, being outdoors, being silly.
- **Protect:** set boundaries with people or situations that leave you feeling small or unsafe.
- **Keep promises:** do the small things you say you will do for yourself. This builds trust inside.

When your inner child is triggered

1. **Notice** the feeling and where it sits in your body.
2. **Name** it and its age: "This feels like the seven-year-old in me."
3. **Comfort** that younger part, as you would a child you love.
4. **Let your adult self decide** what to do next, with your adult lenses on.

A letter to your inner child

Write to the younger you. You might tell them what you understand now, what you wish they had heard, and how you will look after them from here.



“The child you were is still part of you.”
“They do not need to be fixed.”
“They need to be heard, held and cared for”
“—and that care can come from you.”