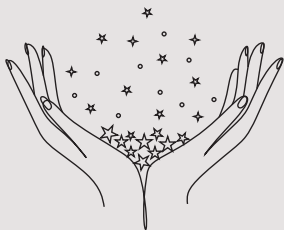


WHAT DID YOU LIKE  
TO DO FOR FUN AS A  
CHILD?



WHAT DID YOU WANT  
TO BE WHEN YOU  
GREW UP?



WHO WAS YOUR  
CHILDHOOD HERO?  
AND WHY?



WHO WERE YOUR  
CLOSEST FRIENDS  
WHEN YOU WERE  
LITTLE? WHAT DID YOU  
LIKE ABOUT THEM?



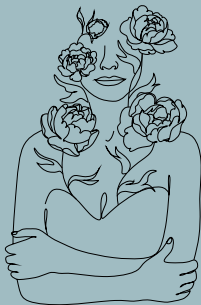
WHAT WAS THE  
RELATIONSHIP WITH  
YOUR PARENTS LIKE  
WHEN YOU WERE A  
CHILD?



# WHO WAS YOUR FAVOURITE TEACHER AND WHY?



DID YOU JOIN ANY  
SOCIAL CLUBS  
(SPORTS, ACTIVITIES,  
ART) WHAT DID YOU  
LIKE ABOUT THIS?

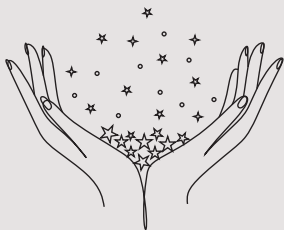


ARE YOU STILL DOING  
ANY ACTIVITIES THAT  
YOU CONSIDERED FUN  
AS A CHILD? IF NOT,  
WHY?





WHAT WORDS DID  
PEOPLE USE TO  
DESCRIBE YOU AS A  
CHILD?



WHAT  
CHARACTERISTICS OR  
TRAITS DID YOU HAVE  
AS A CHILD THAT YOU  
STILL HAVE TODAY?



IN ONE SENTENCE,  
WHAT WAS YOUR  
CHILDHOOD LIKE FOR  
YOU?



WRITE DOWN SOME  
GREAT MEMORIES OF  
YOUR CHILDHOOD  
THAT YOU CAN  
REMEMBER



HOW DO YOU FEEL  
ABOUT THE WAY YOUR  
PARENTS RAISED YOU?



WHAT IS SOMETHING  
YOUR PARENTS DID  
WHILE RAISING YOU  
THAT WAS HARMFUL  
TO YOU?



WHICH PARTS OF  
YOUR PERSONALITY  
WERE YOU TOLD TO  
HIDE? OR YOU FELT  
LIKE YOU HAD TO  
HIDE?

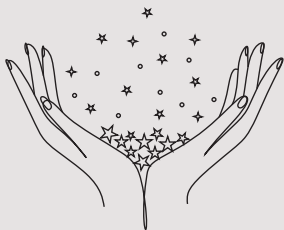


WHAT DO YOU WISH  
YOUR PARENTS/ CARE  
TAKERS HAD DONE  
DIFFERENTLY?





AS A CHILD, WHAT DO  
YOU FEEL YOU  
NEEDED BUT DIDN'T  
RECEIVE GROWING  
UP?



WHAT WERE YOUR  
FEARS AS A CHILD?  
HOW DO THEY STILL  
IMPACT YOU TODAY?



WHAT WAS THE MOST  
DIFFICULT PART OF  
YOUR CHILDHOOD?  
WHY?



HAVE YOU BEEN ABLE  
TO FORGIVE THE  
PEOPLE IN YOUR LIFE  
THAT DID YOU WRONG  
IN YOUR CHILDHOOD?  
WHY? OR WHO NOT?



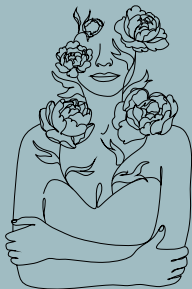
WRITE ABOUT A  
PERSON WHO HURT  
YOU GROWING UP.  
WHAT DID THEY DO?  
HOW DID YOU REACT  
AND HEAL AT THE  
TIME, IF AT ALL? HOW  
DO YOU FEEL ABOUT  
IT NOW?



WRITE ABOUT A TIME  
THAT SOMEONE LET  
YOU DOWN AS A  
CHILD. HAVE YOU  
FORGIVEN THEM  
NOW? OR DO YOU  
CARRY THAT HURT  
WITH YOU?



HOW DID YOU DEAL  
WITH WITH EMOTIONS  
WHEN YOU WERE  
YOUNGER? HOW DID  
YOUR CAREGIVERS  
ENCOURAGE YOU TO  
EXPRESS YOURSELF  
WHEN UPSET, ANGRY OR  
EXCITED? WERE YOU  
TAUGHT TO SUPPRESS  
THESE EMOTIONS?



DID YOU HAVE A SAFE  
SPACE AS A CHILD? IF  
YES, WHAT WAS IT?  
WHY DID IT MAKE YOU  
FEEL SAFE? IF NOT, DO  
YOU HAVE IT NOW?  
WHY DOES IT FEEL  
SAFE?





WHAT WERE THE  
THINGS YOU WERE  
PRAISED FOR AS A KID?



WHAT WERE THE  
THINGS YOU WERE  
PUNISHED FOR AS A  
KID?



ARE THE STANDARDS BY  
WHICH YOUR PARENTS  
PRAISED OR PUNISHED  
YOU STILL RELEVANT  
FOR HOW YOU PRAISE  
AND PUNISH YOURSELF?  
HOW COULD YOU  
BRING MORE LOVE &  
ACCEPTANCE TO  
YOURSELF?



HOW COULD YOU  
STOP PUNISHING  
YOURSELF AND START  
PRAISING YOURSELF  
MORE?



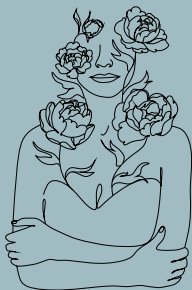
WHAT DID YOU FEEL  
MOST ASHAMED OF  
AS A CHILD? DOES  
THAT SHAME STILL  
IMPACT YOU TODAY?



WHAT DID YOU FEEL  
LIKE YOU NEEDED TO  
DO TO RECEIVE LOVE  
OR ATTENTION AS A  
CHILD?



HOW DID YOU DEAL  
WITH WITH EMOTIONS  
WHEN YOU WERE  
YOUNGER? HOW DID  
YOUR CAREGIVERS  
ENCOURAGE YOU TO  
EXPRESS YOURSELF  
WHEN UPSET, ANGRY OR  
EXCITED? WERE YOU  
TAUGHT TO SUPPRESS  
THESE EMOTIONS?



WHAT WOULD YOU  
SAY TO YOU INNER  
CHILD OR INNER TEEN  
RIGHT NOW?





IN WHAT WAYS ARE  
YOU PROUD OF YOUR  
INNER CHILD TODAY?



NAME 5 STRENGTHS  
OR TALENTS YOU HAD  
AS A CHILD THAT YOU  
ADMIRE



HOW WOULD YOU  
SPEAK TO THE HURT  
CHILD WITHIN YOU  
NOW? CAN YOU VOW  
TO SPEAK MORE  
GENTLY TO YOURSELF  
MORE OFTEN WHEN  
YOU ARE HURT?



THINK ABOUT YOUR  
FAVOURITE  
CHILDHOOD MOVIE OR  
TV SHOW. HOW DID IT  
MAKE YOU FEEL? WHAT  
MADE YOU LOVE IT SO  
MUCH? DO YOU REVISIT  
IT NOW? WHY OR WHY  
NOT? HOW DOES IT  
MAKE YOU FEEL NOW?



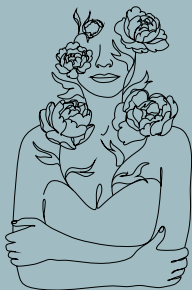
NAME SOMETHING  
FROM YOUR  
CHILDHOOD THAT  
YOU'RE GRATEFUL  
FOR. TRY TO NAME AS  
MUCH AS YOU CAN



LIST THREE ACTIVITIES  
YOU ENJOYED AS A  
CHILD THAT YOU CAN  
INCORPORATE INTO  
YOUR ADULT LIFE.  
HOW DO YOU PLAN TO  
DO THIS?



IF YOU EVER HAVE  
CHILDREN OR HAVE  
CHILDREN, WHAT  
WOULD YOU LIKE TO  
GIVE THEM THAT YOU  
DIDN'T GET?



WRITE A LETTER TO  
YOUR INNER CHILD OR  
TEEN AND LET THEM  
KNOW THEY ARE  
LOVED, VALUED AND  
SAFE. TELL THEM  
ANYTHING THAT THEY  
NEED.

