

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?



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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.

