EVANS SELF-CARE SCHOOL

Inner Child Healing Journal

Guided journal prompts, shadow work exercises, and nervous-system regulation worksheets for deep emotional healing.

You can't go back and change the beginning, but you can start where you are and change the ending.

Before You Begin

The material in this guide is for educational purposes only and is not a substitute for professional medical, psychological, or nutritional advice. Always consult a qualified health provider about your individual circumstances, especially before changing your diet, exercise, sleep medication, or mental-health care. If you are in crisis, contact your local emergency services.

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How to Work With This Journal

Inner-child work is the practice of noticing the needs, fears, and patterns you formed early in life and responding to them as the adult you are now. It can bring up strong feelings. Go at your own pace, stop when you need to, and consider working alongside a therapist — especially if your history includes experiences that still feel overwhelming to approach alone.

The journal moves through three sections: meeting your inner child, shadow work, and regulation. Each prompt page is self-contained. One page a day is plenty.

Before each session, use the grounding check-in. After each session, use a closing page — never leave heavy material open-ended.

Grounding Check-In

Use this page before any deep session. Copy it as often as you need.

Right now I can see… (5 things)

Right now I can hear and feel… (3 things)

On a 1–10 scale, how settled do I feel? What would move it one point up?

Part One — Meeting Your Inner Child

Respond to whatever surfaces. There are no wrong answers here.

Meeting Your Inner Child

Write a letter to yourself at age seven. What do you want that child to know?

Meeting Your Inner Child

What did you love doing as a child that you've stopped doing? What stopped you?

Meeting Your Inner Child

When you were upset as a child, what did you most need to hear? Who, if anyone, said it?

Meeting Your Inner Child

Describe a moment you felt completely safe as a child. Where were you? Who was there?

Meeting Your Inner Child

What rules did your family have about feelings — spoken or unspoken?

Meeting Your Inner Child

What's one thing your younger self would be proud of you for today?

Part Two — Shadow Work

The shadow is simply what you learned to hide. Curiosity, not shame, is the tool.

Shadow Work

What quality in other people irritates you most? Where does that quality live in you?

Shadow Work

What do you do when you're about to be criticized? Where did you learn that move?

Shadow Work

Complete the sentence ten different ways: 'If people really knew me, they would…'

Shadow Work

What part of yourself do you hide in relationships? What are you afraid would happen if you didn't?

Shadow Work

Recall a recent overreaction. What older, younger feeling was underneath it?

Shadow Work

What would you do differently if you fully believed you were enough?

Part Three — Nervous-System Regulation

Insight without regulation doesn't hold. These pages build your personal toolkit.

Regulation

Body scan: where does stress live in your body today? Describe it without judging it.

Regulation

List five things that reliably bring your body back to calm. When did you last do each one?

Regulation

Write out your personal early-warning signs of overwhelm — the ones that show up first.

Regulation

Design your 10-minute reset: three steps you can do anywhere, written as instructions to yourself.

Closing a Session

One thing I'm taking from today's session:

One kind thing I'll do for myself in the next hour:

Something in my life right now that is good, small or large:

Notes & Reflections

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