

## A Conversation with the Inner Child

It is important to recognize that the part of us who is still a child, needs love and support (Raypole, 2021).

Use the following questions to show compassion to the child within and recognize the difficult times with kindness.

Imagine the person you are talking to is the younger you at a time when you find life and the situation most difficult.

Discuss with your earlier selves how you felt then, and what you are going through now by going through the following prompts.

**How do you (the younger you) feel about what is happening?**

***I feel that event/situation affects my life now in the following ways?***

**What could others have done for you to help?**

**How can I support myself now in my life?**

**Can you accept that you were a child and could not fix the situation? You have nothing to feel bad about.**

**Can I accept that sometimes the way I react is a result of my past? Can I recognize it does not have to be this way?**

Review what you have written with kindness and see that while you could not control your past as a child, you do have a choice over how you react now.

## References

- Raypole, C. (2021). 8 tips for Healing your inner child. *Healthline*. Retrieved February 21, 2022, from <https://www.healthline.com/health/mental-health/inner-child-healing>

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