

*Experience and  
Bond with Your  
Inner Child*

7-DAY INNER CHILD JOURNALING  
CHALLENGE



# *Welcome to the 7-Day Inner Child Journaling Prompts*

---

These journaling prompts are written to help you to get to know, build a relationship, and bond with your inner child. There is no correct way to journal. You can journal daily, weekly, or even a few times a week. You may be drawn to use these prompts more than once. Allow your intuition and experience to guide you.

Begin each journaling exercise by closing your eyes and taking a few long, deep breaths. Center yourself and experience the quiet. When you're ready, open your eyes, read a prompt, and allow your hand to write whatever it wants. Don't worry about punctuation, grammar or neatness; just allow your hand to write. Write whatever comes up for you. Let yourself go and be free with this.

---

## *Travel Deep Inside Yourself*

1

Close your eyes and allow your awareness to go to a place where your inner child resides. Let your awareness travel, and become the watcher of your experience. Let go of ideas or pre-conceived notions as to where you are traveling. When you feel yourself come to this special place, open your eyes and write what this place is like. What is there? Who is there? What are the surroundings like? If you see your inner child, just observe and write about the surroundings. If they feel like they want to engage, do so. Write about the experience.



## *What You See*

2

Travel again to this special place. Feel yourself pause and find a comfortable spot to reside. Do you see your inner child? Are they far away or close? Do they see you? How do you feel about seeing them? Remember how old you are today. Remember the current year. Sometimes people travel back in time and lose themselves. You are an adult observing this small child. Write about what you see. How does it feel seeing this small part of you?



## *Engagement with your Child*

3

Travel again to your special place. Notice where your child is. Can you see them? If you cannot, sometimes it takes time for the child to trust. This is normal. If you can't see your child, softly call out and invite them to come into the scene. Wait and see what happens. Some inner children are scared and don't know you. They want to trust you, but are afraid. It may take a few times of showing up, until they know you are dependable and worthy of their trust. What is it like to feel that trust begin to rebuild inside you? Share that experience.





## *Witness and Bonding*

### 4

Travel to your special place. Invite your child to engage with you. Ask them how they are, and what are they experiencing and feeling. Your inner child may be happy, sad, angry or have other emotions. Your job is to witness and not judge. Even though this is happening in the mind, this process will help to re-parent and heal your old wounds. This is your opportunity to get what you didn't get from childhood. Witness and hear your little child. Let them know you love them, or are sorry that this or that happened to them. Do not argue or defend yourself. Witnessing and listening holds great healing power. If your child is upset, when they feel heard, great healing happens. Allow this. If your child is happy that you are there and wants to express, let them express. Let your child be the guide. Write your experience.



## *Correction of Beliefs*

### 5

Often, our little child has inherited false beliefs. They are living life believing they are bad, they are not good enough, or they are unlovable. They feel like they don't matter. This is a good time to help your inner child correct those beliefs. Travel to your special place and meet with your child. Ask them how they feel about themselves. Ask them how they feel about their caregivers. Let them know you are here to help them and want to know everything. Let your child fully express. These beliefs are coming from a very young part of you and may sound silly to you but are very real for that inner part of you. After they express, let them know what was true. For example, "I hear you say you feel unlovable/damaged/like you don't matter etc. What I believe happened was you picked up on what your mother was feeling about herself. This is untrue. You were and are very lovable." "I hear you saying you felt like you didn't matter. What was true was that daddy was an alcoholic and couldn't love you the way you needed to be loved, but it had nothing to do with you." Speak fact and truth to help correct the child's inner beliefs about themselves. Remind them that they were innocent children and how could a child not be loveable? Journal your experience and any new awarenesses that come up.



## *You Are Love*

6

Travel to your special place and call to your child. Have them come and meet with you. Face your child and if they are comfortable with it, hold their hands. If you are standing, squat down in front of your child and let them see you at eye level. Tune into your heart space for a moment. Feel how lovable this precious, innocent, vulnerable child is. Express this to this child now. Let your child know how precious they are to you and that you are sorry you weren't there for them way back then but are here now for them. Let them know that you love them, care about them, want to get to know them, believe they are precious, that they matter, that they are special. Find the words that are most comfortable for you and share with your child. Think about what you needed to hear growing up but didn't hear, and say it now to this child. At the end, if your child is comfortable with touch (and you are), ask them if they would like a hug. Write about your experiences.



## *Where We Go From Here*

7

Travel to your special place and meet with your child. Ask them if there is anything they want you to know. Listen if they have anything to share. Let them know you are here for them from now on. Ask them if they like you visiting with them. Let them know you would like to continue to check in. Let them know that anytime they feel like they need you, you will be here to protect them and keep them safe. Let them know that if they would like to come with you, they can travel with you now. If they say they want to stay put (for now), it's fine. If they want to travel with you, there are a number of ways to do this. You can close your eyes and grab their hand and bring them with you. You can imagine a zipper on the front of you and un-zipper yourself and imagine them climbing inside of you. You can shrink them down and put them in your pocket. Anything that comes to you is perfect. Write about your experience.

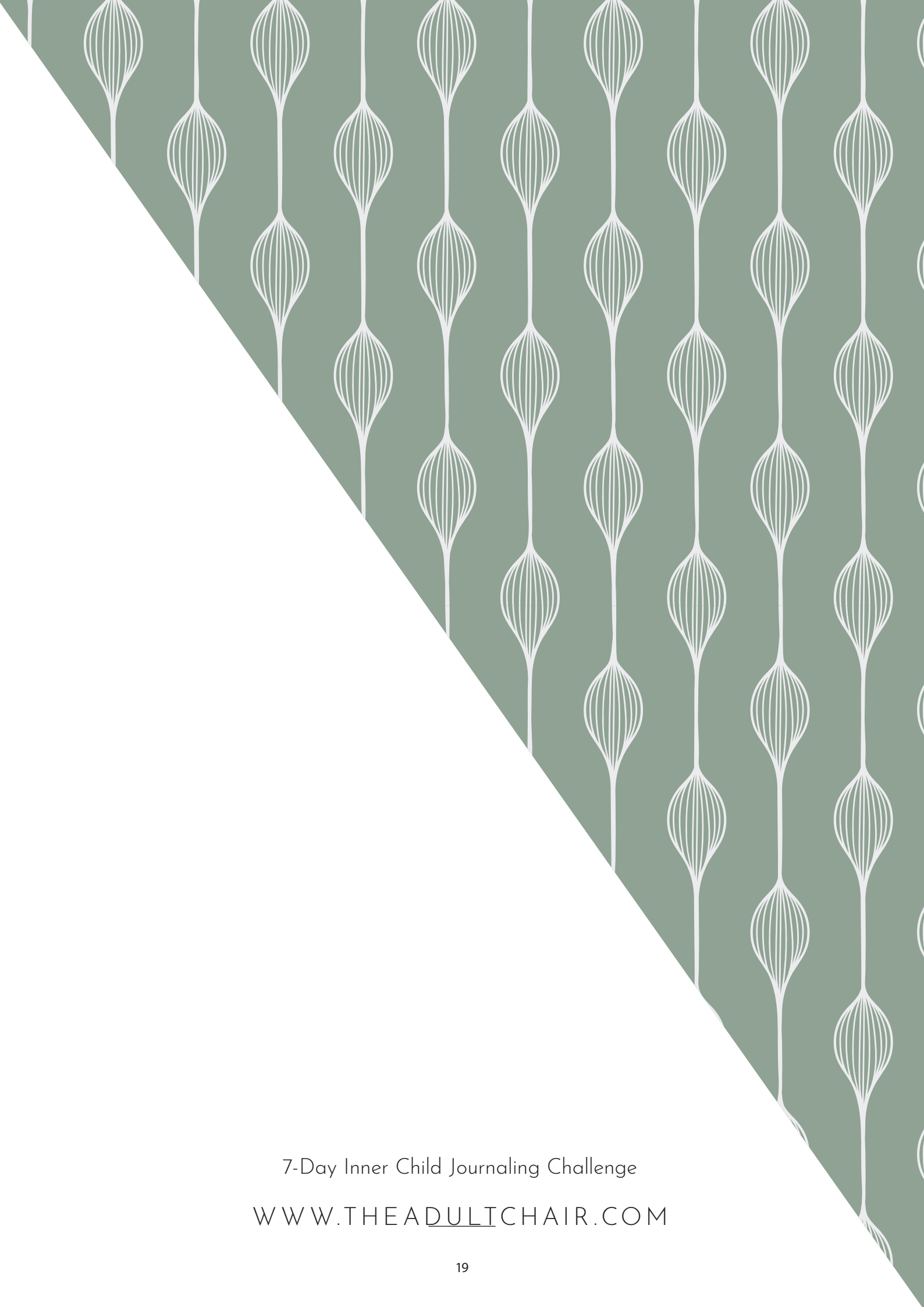




Creating a bond with your inner child can be life-changing. This is so often the part of us that we need in order to live a full and rich life. Without access to our inner child. We may live out of balance emotionally speaking, we may not know who we really are or feel lost. Once connection and bonding happens with our child, our lives can change. Doing this work even though it's within the mind, is life-changing as the brain doesn't know what's real and believes anything, even in the imagination, is real. There is no time. So bonding with our child can truly re-parent us, and it's an opportunity to give ourselves the love and nurturing we might have lacked while growing up. It also gives us the opportunity to change our old limiting false beliefs and empower us with new empowered, loving beliefs. Bond with your inner child and change your life.

xo,  
Michelle





7-Day Inner Child Journaling Challenge  
[WWW.THEADULTCHAIR.COM](http://WWW.THEADULTCHAIR.COM)