Meeting My Younger Self

Some reactions are older than the moment. Noticing the young feeling, and the need under it, helps me answer it as the adult I am now.

Name: _____ **Date:** _____

1 Signs a younger part is showing up

Tick any that feel familiar

- [ ] My reaction is bigger than the moment
- [ ] I want to hide, cling or run away
- [ ] I try hard to please so no one is upset
- [ ] I go numb or blank
- [ ] A sound, smell or tone takes me back
- [ ] I feel small, helpless or in trouble
- [ ] I suddenly feel very alone
- [ ] I hear an old voice: “you are too much”
- [ ] I feel like I must be perfect
- [ ] I want someone to make it all okay

2 Trace one recent moment

Use something that happened this week. Work with what you remember now.

What happened today: _____

What I felt in my body: _____

How old this feeling seems (a guess is fine): _____

What that younger me believed (“I am…” / “People will…”): _____

What that younger me needed most: _____

What is different about my life now: _____

What the adult me knows that the child did not: _____

One thing I can do for myself today: _____

3 Needs every child has

Circle the ones that were often missing, and star the ones I need today

To feel safe	To be comforted
To be listened to	To be taken seriously
To play and have fun	To make mistakes
To be praised	To have limits
To be included	To rest

The need I will meet for myself this week: _____

How I will meet it: _____

Who in my life can help with it: _____

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My Reparenting Plan

I cannot change what happened. I can give myself now some of what I needed then.

Name: _____ **Date:** _____

1 A short note to my younger self

Write as a kind, steady adult. A few lines is enough.

Dear younger me, _____

_____

_____

I want you to know: _____

2 What I can give myself now

Tick two to practice this week

- ☐ Slow breath with a hand on my chest
- ☐ Ask for help instead of hiding
- ☐ Do something playful for 10 minutes
- ☐ Eat, drink water, go to bed on time
- ☐ Praise effort, not just results
- ☐ Say: "I see you. I am here."
- ☐ Rest without earning it first
- ☐ Set one limit and keep it
- ☐ Spend time with a safe person
- ☐ Let a mistake be a mistake

3 My kind adult voice

Answer the old voice the way a good parent or coach would

The old voice says: _____

My kind adult voice says: _____

4 My practice log

One line on the days a younger part showed up

Day	What set it off	What it needed	What I gave it
Mon			
Tue			
Wed			
Thu			
Fri			

For therapists and clients

1. "Inner child" is a metaphor for old feelings and needs, not a second person inside. Use the words the client likes.
2. Stay with what the client already remembers. Do not dig for hidden memories; imagery can create false ones.
3. Go slowly with trauma. If the client leaves the window of tolerance, stop, ground and return to the present.
4. Strong distress, self-harm or hopelessness needs a full assessment and a trained therapist, not a worksheet alone.

In the US, call or text 988 (Suicide and Crisis Lifeline) any time, day or night.

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