

Exploring a Childhood Event

While it can be difficult, it is helpful to revisit the environment in which an upsetting event or situation took place. Through using visualization, it is possible to vary its intensity.

Use the following worksheet to visualize a time from your childhood.

Find somewhere quiet where you will not be interrupted and consider each of the following questions (modified from Jackman, 2020):

What was happening?

How old were you (be approximate if unsure)?

What was going on in your family at that time?

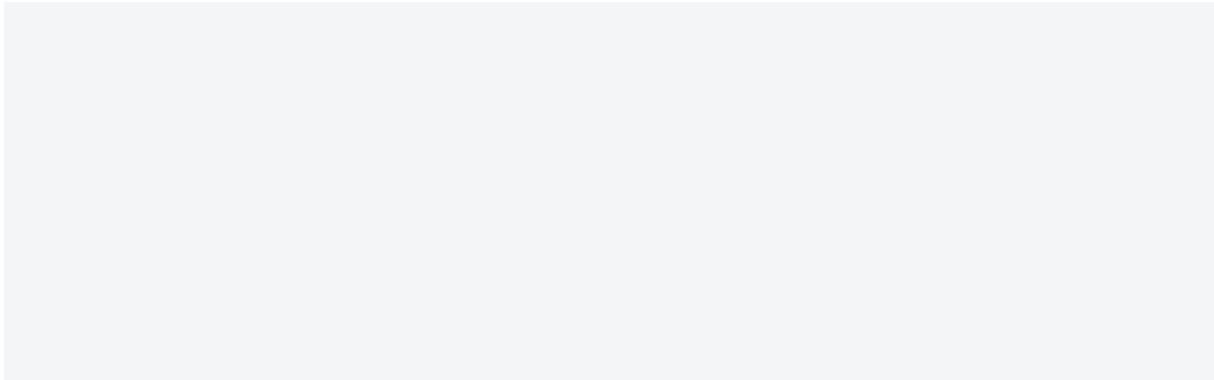
Who was around?

What were the sounds, feelings, smells?

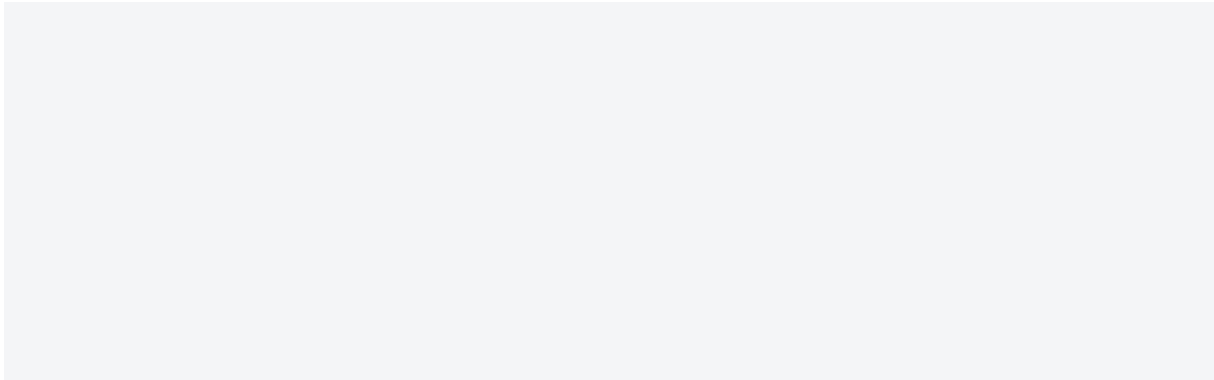
What were your emotions?

What secrets are you holding about this time?

What deep hurts do you carry with regards to this time?



What would your inner child like to say to you as an adult?



References

- Jackman, R. (2020). *Healing your lost inner child: How to stop impulsive reactions, set healthy boundaries and embrace an authentic life*. New York: Practical Wisdom Press.

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