

The background features several minimalist line art illustrations in a light brown color. In the top left, there is a hand with fingers slightly curled. In the top right, a profile of a face is shown with eyes closed. In the bottom right, a flower with multiple petals is depicted. A small branch with leaves is visible on the left side.

Inner Child
Journal Prompts

Dr. Amy Vail

*What are my earliest
childhood memories? Be
as detailed as you can.*

*Where did I feel
suppressed as a child?*

*When is the earliest
memory I have around
fear?*

*What did I fear as a
child?*

*Who was my support
system when I was a
child?*

*What games did I like to
play as a child?*

*If I could go back in
time to a specific
memory, what would I
give myself? Attention?
Love? Safety? Play?*

