

Write A Letter To Your Younger Self

When your pain stays locked away with your younger self (aka your “inner child”), you can’t do anything about it, and the pain festers, coming out in unhelpful or unexpected ways (like anger).

Imagine yourself at a time when you were going through hurt, with no one to help you. Think about how you might’ve wanted to be spoken to at that time. What did you need to hear? What support do you still, to this day, wish you had received in the moment?

Dear _____,

You did not deserve _____

I know that it wasn’t your fault, because _____

_____.

That experience made things harder for you in these ways:

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-

It was ok to feel like _____.

I wish someone had reassured you that _____

_____.

I love you no matter what. Your hurt is valid, but I also want you to feel happy and safe. To make you feel loved and cared for, I will _____

_____.

Let’s check in again soon.