

The Hard Peel

Journaling

for Inner Child Work

Start Here

“Dear younger me...”

“I remember when...”

“You deserved...”

Prompts to explore

What did I need to hear but never did?

What made me feel safe as a child?

What beliefs about myself came from others?

Tips for Flow

Write without editing

Use a photo or memory to spark emotion

End with a note of comfort or affirmation

