JOURNAL PROMPTS FOR SELF-REFLECTION

Who are you most angry with or what are you most angry about?

Were you aware you had repressed inner anger, or is this something new you’re beginning to acknowledge? What is that like?

Are you at a place where you’re ready to forgive so you can heal, or do you feel a part of yourself wanting to hold onto your anger because it feels justified?

What are the things you most angry at yourself for? What will it take for you to start to forgive yourself for these things?

In what ways did you rebel as a child? In what ways do you rebel now as an adult? Are these similar or different?

Do you think it’s possible you’ve internalized your anger at others onto yourself?

What were some of the ways that your parents weren’t able to meet all your needs as a child? Did you receive all of the care, love, support, attention, affection and security you desired as a child?

What are the biggest ways that you think your upbringing has affected you as an adult? What beliefs, feelings and habits stem from your childhood that you’re ready to change for the better?

What is the most important thing you can start to do for yourself to begin to reparent your inner child and let her know she is loved, cared for, accepted and safe?