

Repairing My Inner Child After Survival & Struggle

A Reflection & Healing Guide for Young Adults with Complex Trauma

How to Use This Worksheet (Homework Guidance)

This worksheet is for you to slow down and reflect on the messages, patterns, and survival strategies you were taught — especially

It's not about rehashing pain, but about noticing what you've carried with you and how you can start showing up for yourself differently

You can:

- Complete this in one sitting if you're feeling grounded,
- Or break it up — there's no rush.
- Bring anything that feels important or confusing to your next session so we can process it together.

If strong emotions come up, pause. Take a breath, move around, or use a grounding tool we've discussed.

This is a practice in self-respect — not perfection.

1. What Was Modeled to Me — And What I'm Unlearning

Love & Respect looked like:

How to handle Anger & Emotions:
