

Questionnaire to get to know the inner child



As a child I was often told that **my flaws** were...

As a child I used to experience **guilt** for...

What I heard about **religion and God**...

What I heard about **sex**...

What I knew about **money**...

I felt **rejected** when...

I was **scared** when...

I felt **ashamed or humiliated** when...

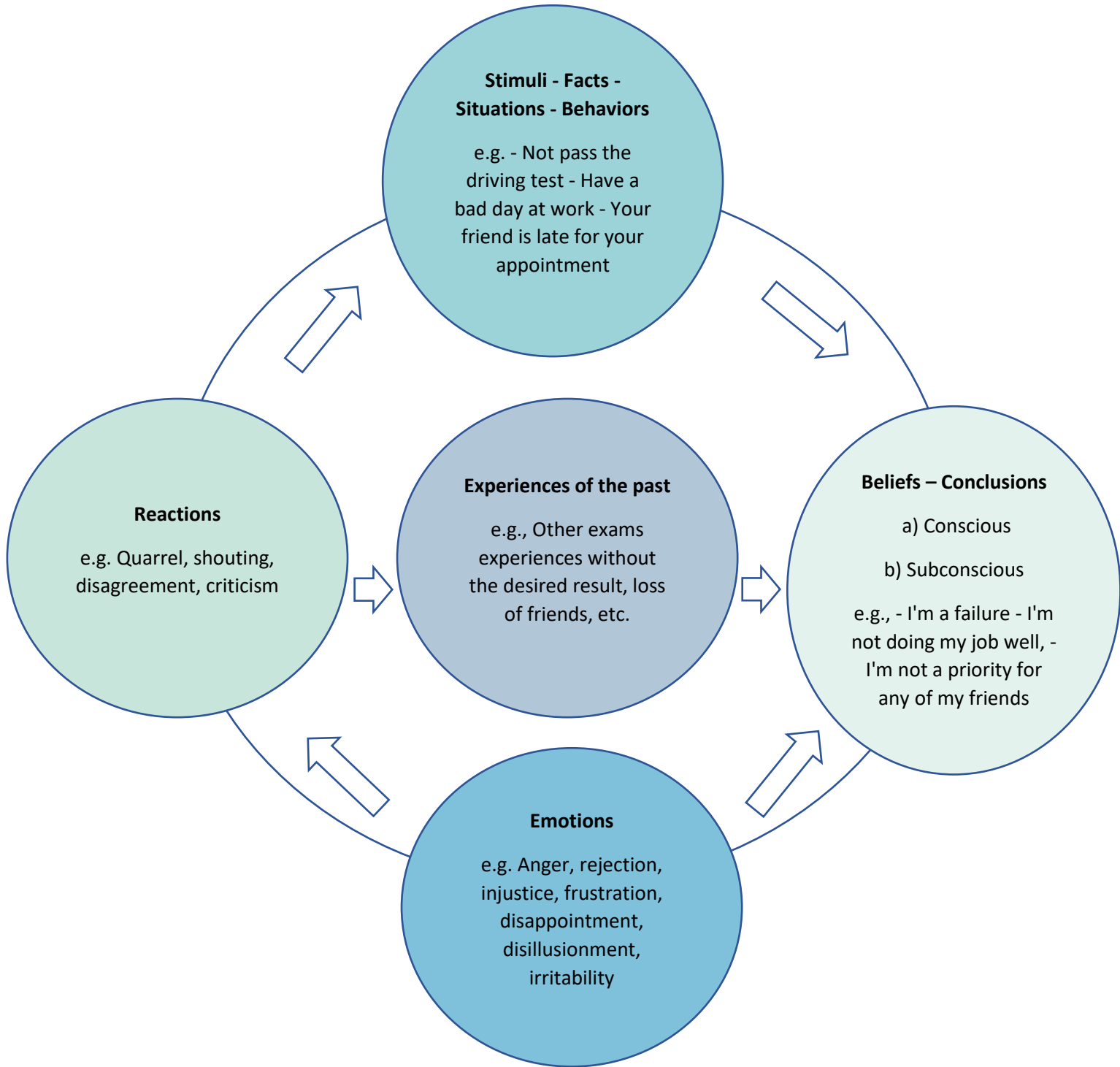
What could you say now to your inner child in order for him or her to feel acceptance, love, tenderness?

- ✓ *I accept you just the way you are.*
- ✓ *I love you unconditionally.*
- ✓ *I appreciate and respect what you are.*
- ✓ *You are capable and strong.*
- ✓ *You are free to choose what you will do, as long as your choices do not hurt anyone.*
- ✓ *Your body is very healthy and strong.*
- ✓ *Everything that happens in your life (positive or negative) is useful for your evolution.*
- ✓ *Your parents and the events of your childhood created the ideal conditions for your development.*
- ✓ *Your instinct, your inner voice will always guide you properly in your life. Show confidence.*
- ✓ *You can express your inner strength and beauty in a creative way.*
- ✓ *You deserve love and respect, regardless of your appearance, your social status, your profession, your knowledge, your achievements and what others think of you.*
- ✓ *You deserve as much as all people, neither less nor more.*
- ✓ *You are responsible for creating your own happiness, health and success.*
- ✓ *You are not responsible for the happiness, health and success of others.*
- ✓ *You do not have to live your life according to the beliefs or expectations of your parents or other people. Love them, respect them and help them, but you can live according to your own principles, needs and beliefs.*
- ✓ *Other: ...*

"Man is not a creation of circumstances. Circumstances are a creation of man."

Benjamin Disraeli

How our reality is created



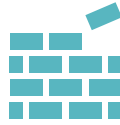
Experience creates belief and our external/internal reaction to the event is directly related to our beliefs. From everything we experience, we draw some **conclusions**, which **create our beliefs**.

These beliefs lead us to:

- 1) **attract and live**, eventually, **the experiences we believe we will live** (e.g. a woman who thinks she is not worth being loved for what she is, may not have romantic relationships or attract men who are attracted to her only because of some physical attributes of hers).
- 2) **interpret our experiences in our own completely subjective way**.

Belief categories

- ✓ I cannot
- ✓ I am not worth anything
- ✓ I must have
- ✓ General beliefs



For each category of beliefs, **circle those which have corresponded until now to the way you have created your reality:**

I can't: (because of this category of beliefs you may experience weakness or inability to do or have something)
I can't protect myself from: germs, people, animals, etc.
I can't face life alone.
I can't sing, dance, paint, play a musical instrument,...
I can't feel comfortable with strangers.
I can't lose weight, stop smoking, drinking,...
I can't get well physically or psychologically.
I can't manage aggressive people.

I am not worth anything when:
The others accuse me or reject me.
The others are angry with me.
My children, partner or parents are not happy, successful, loving, satisfied with me.
I do not have as much knowledge as the others around me