



Questions for Daily Dialoguing with Your Inner Child

(For Minor Conflicts)

Taking the time to tune into what you really want in everyday situations can not only help establish the habit of Inner Bonding, but can lead you to spend your time in more satisfying ways. When you encounter a minor conflict—for example, your Child wants junk food but your Adult wants healthy food—you can negotiate a resolution that satisfies both.

The following questions can help you learn what you want in any given moment:

“What do you want to do right now?”

“What would you like to eat right now?”

“What color do you feel like wearing?”

“How do you want to spend this day?”

“What kind of music do you want to listen to now?”

“Where would you like to go on vacation?”

“What kind of exercise do you like?”

“Are you happy or unhappy with the work we do?”

“Are you happy or unhappy with our relationships—mate, friends?”

“What kinds of creative things or hobbies would you like to do?”

“What are some of the things you’ve always wanted to do, but have never done? Have I kept you from doing them?”

Keep in mind, just getting the information will not help you at all. You then have to take action.

That would be like asking a little girl if she wants an ice cream cone, and then responding, “Oh, that’s interesting.”

We do not ask these questions in order to indulge our Inner Child, automatically giving everything the Child wants, any more than a loving parent would do with a child. But in finding out what our Child wants and what our Adult wants, we can find ways to satisfy both parts of ourselves.

Throughout the day,

whenever you become aware of feeling upset or uneasy —tense, scared, angry, numb, hurt, or sad— you can ask your Inner Child questions. For example:

“What is causing these feelings? Am I thinking things that are upsetting you?”

“How can I help you with these feelings?”

“What do you need from me?”

“Am I letting you down or not taking care of you in some way? How?”

“Have I been ignoring you? Discounting you? Controlling you? Shaming you?”

Remember, if you are in the intent to learn and can’t find the answers within, ask for Higher guidance. Reaching out for help from a friend or a therapist may also be necessary.

It's important to take time during the day to affirm your Inner Child, just as a loving parent does:

"I'm here for you. I'm not going away. You are very important to me."

"You are not alone. I am here with you."

"I love you, and your happiness is very important to me."

"You are so smart. Thank you for all this wonderful wisdom."

"Your creativity amazes me."

"It's okay to make mistakes. You are lovable even if you make mistakes."

You don't have to do things perfectly for me to love you and stay here with
you."

"You don't have to do it 'right.' I will continue to love you no matter what you say, even if you say nothing at all."

Inside we are all children.!

Best regards,

Pakeezah Baig