

Confronting Our Defenses

It is vital to confront what is holding you back and derailing the process of inner child healing (Jackman, 2020).

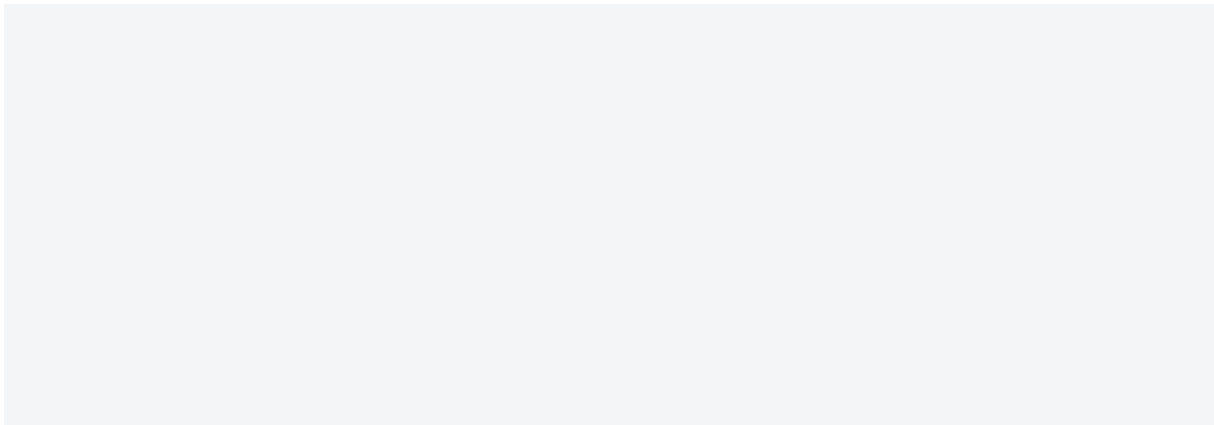
Use the following questions to prompt reflection on self-imposed obstacles and then provide an open and honest answer in the boxes below:

Are you discounting or minimizing the difficult and traumatic experiences you had in your childhood?

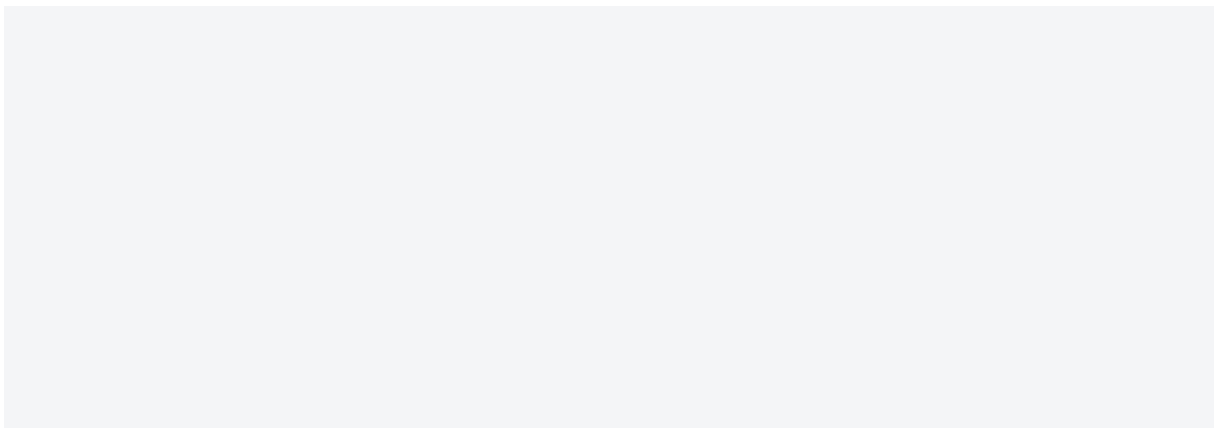
Are you making what was abnormal *normal*?

Are you protecting those that cared for you out of embarrassment, honor, or guilt?

Are you denying that healing is possible?



Are you avoiding the bad memories that you most need to confront and explore?



Only through openness, honesty, and compassion can you truly face your past and begin to find healing.

References

- Jackman, R. (2020). *Healing your lost inner child: How to stop impulsive reactions, set healthy boundaries and embrace an authentic life*. New York: Practical Wisdom Press.

Dr. Jeremy Sutton