

INNER CHILD QUESTIONNAIRE

Everybody has an inner child.

Many analytical psychological modules will talk about the term, inner child, as being childlike, but not childish. The qualities of the inner child include innocence, playfulness, curiosity, sensitivity, joyfulness, and wonder. In Psychosynthesis, the essence of the child is our pure Self, with a semi-independent subpersonality in the personality structure, subordinate to consciousness. The inner child is the 'little child' of the past who craved love, attention, affirmation, approval, acceptance, and nurturing.

This questionnaire is an adaption of many other resources available online. It is designed to help bring awareness of some behaviour dysfunction, self-sabotage and self-defeating behaviours, trauma-related behaviours, childhood attachment issues and codependency, which are all associated with a wounded inner child.

This questionnaire is an indicator of whether your inner child is wounded or hurt. If the majority of your answers is a 'YES' to the statements below, it is an indicator that *Inner Work healing* work may be beneficial.

Please state whether the following statements are true or false, as honestly as possible to find your indicators.

1. I often have difficulty identifying my feelings. Yes/No
2. I cannot express myself easily. Yes/No
3. I do not know who I am. Yes/No
4. I have difficulty starting things. Yes/No
5. I am anxious when I am doing something new or unfamiliar. Yes/No
6. I have difficulty finishing things. Yes/No
7. I have difficulty concentrating or focusing on tasks. Yes/No
8. I am often distracted or daydreaming. Yes/No
9. I am easily startled and often feel fearful of the unknown. Yes/No
10. I am a people pleaser. Yes/No
11. I am fearful going to unfamiliar places. Yes/No
12. I rarely go to social gathering alone. Yes/No
13. I feel inadequate as a person. Yes/No
14. I feel guilty when I say 'No' to people. Yes/No
15. I am a hoarder. I hold on to things. Yes/No
16. I have issues letting go of things, situation or thoughts. Yes/No
17. I criticise myself most of the times. Yes/No
18. I do not like being me. Yes/No

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| 19. I have no sexual identity. | Yes/No |
| 20. I am a bad person. | Yes/No |
| 21. I have no sense of worth. | Yes/No |
| 22. I am socially awkward and do not know how to be around people. | Yes/No |
| 23. I am an addict. | Yes/No |
| 24. I frequently over-eat or undereat, and often binge. | Yes/No |
| 25. I am often obsessed with people, thing and thoughts. | Yes/No |
| 26. I am mostly compulsive and cannot control my urges. | Yes/No |
| 27. I often find myself avoiding situation, people or event. | Yes/No |
| 28. I feel isolated even though I am around people. | Yes/No |
| 29. I am an outsider. | Yes/No |
| 30. I dislike being alone, but I feel alone when I am around people. | Yes/No |
| 31. I am a rebel. | Yes/No |
| 32. I am mostly angry and aggressive. | Yes/No |
| 33. I am often defensive. | Yes/No |
| 34. I mostly see that people are attacking me, whether verbally, emotionally or physically. | Yes/No |
| 35. I distrust people, myself included. | Yes/No |
| 36. I dislike confrontations or arguments. | Yes/No |
| 37. I cannot stand up for myself. | Yes/No |
| 38. I rarely ask for help. | Yes/No |
| 39. I do not have a bestfriend or close friend. | Yes/No |
| 40. I am mostly fearful of everything. | Yes/No |
| 41. I am a nervous person. | Yes/No |
| 42. I am prone to making mistakes and poor choices. | Yes/No |
| 43. I have difficulty being intimate in relationships. | Yes/No |
| 44. I have difficulty saying, expressing or showing 'love'. | Yes/No |
| 45. I have no boundary, and people often violate my personal space. | Yes/No |
| 46. I have no will (volition). | Yes/No |



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| 47. I have difficulty receiving and giving love. | Yes/No |
| 48. I have low self-confidence. | Yes/No |
| 49. I have low self-esteem. | Yes/No |
| 50. I am clumsy and often fall into things. | Yes/No |
| 51. I have no sense of humour. | Yes/No |
| 52. I often punish myself for doing the wrong thing or doing something bad. | Yes/No |
| 53. I self-harm when I am bad or when I feel bad. | Yes/No |
| 54. I have no direction in life and I have no purpose. | Yes/No |
| 55. I often feel helpless in situations. | Yes/No |
| 56. I am highly anxious when I am not in control. | Yes/No |
| 57. I am drawn to addictive people or abusive people. | Yes/No |
| 58. I fear being abandoned. | Yes/No |
| 59. I fear being rejected. | Yes/No |
| 60. I have attachment issues. | Yes/No |
| 61. I have difficulty recognising my needs and wants. | Yes/No |
| 62. I cannot communicate my needs or ask for what I want. | Yes/No |
| 63. I have experienced physical, sexual or emotional abuse as a child. | Yes/No |
| 64. I feel responsible for others and put others before myself. | Yes/No |
| 65. I often feel ashamed. | Yes/No |

For more details on how the Inner Child Healing can help you work through some of your challenges, please contact me for an initial session to find out more.