



Me and my Inner-Child

THE JOURNEY



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Identifying My Inner Child

"The shoe that fits one person pinches another; there is no recipe for living that suits all cases" (Carl Jung)



Inner Child Archetypes

Jung broadly classifies the human inner child archetypes into six distinct groups. In the descriptions that follow, find the group to which you believe your inner child belongs. An understanding of your inner child archetype, both its positive and negative components, helps you to identify better with it as part of your core personality, and as a result, you can harness it positively.

The information provided in Part 1 of this guide relating to Carl Jung's Inner Child Archetypes is work originally produced by author Mary McDonald in her bestselling book '*The Inner Child Workbook*' copyright 2019 Mary McDonald.

The creative pages in Part 2 of this guide - *My Healing Journey* have been created by Deborah J Crozier, founder at A Positive Start CIC to use as part of your healing journey with us.

Part 2 is available only on request to be worked through with support and guidance.

Before you begin, treat yourself to a scrap book, scissors, glue stick and some pens.

Using the information in part 1, start by identifying your Inner Child Archetype

Then complete the tasks and answer the questions in the pages that follow. Pace yourself, don't rush through it. Take the time you need to connect with your inner child.

If you have any questions email us at info@apositivestart.org.uk

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JOURNEY

The Orphan Child Archetype

Also referred to as the abandoned child archetype, the orphan is found in individuals who tend to view themselves as independent beings even at the early stage of their lives when they ought to be under parental care and guidance. It is caused mainly by feelings of loneliness, rejection, abandonment, lack of care, neglect etc.

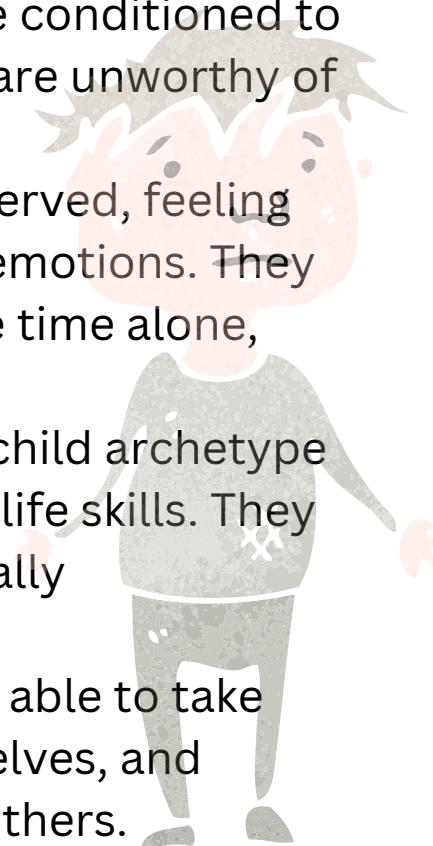
Having an orphan child archetype doesn't necessarily mean that one is orphaned in the usual sense. More often than not, it is the feeling that one does not enjoy adequate parental attention and love. Children raised by parents who were too busy with work to create time for their kids, often referred to as 'latch-key kids' in the 1970s and 80s, often possess this inner child archetype.

On the other hand, the situation could be literal, in which a child who is orphaned very early in life and therefore received little or no parental care during childhood as a result, are conditioned to believe that they are not meant to be loved and are unworthy of love.

This archetype results in the individual being reserved, feeling isolated and constantly shut others out of their emotions. They tend to avoid large groups, opting to spend more time alone, and are often lonely.

On the flip side however, those with the orphan child archetype are quick to develop survival instincts and other life skills. They take responsibility for themselves and are generally independent.

Once their inner child is well harnessed, they are able to take control of their lives, makes decisions for themselves, and overcome their fears with little or no help from others.

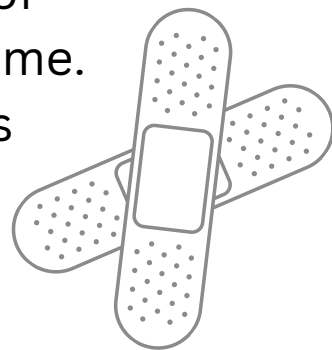


The Wounded Child Archetype

Also referred to as the injured child, this archetype is typical of people who have experienced a lot of pain and abuse during their formative age. Abuse may have been physical, emotional or sexual.

While abuse may have been inflicted on them by a stranger, school bully or teacher etc. It is worse when the abuse is inflicted by a trusted family member or friend. The wounded child archetype does not forget such traumatic experiences and it continues to influence how they react to other people and situations around them as they become adults. They become withdrawn, finding it difficult to trust others. In chronic cases they form stereotypical opinions of others which they hold onto throughout their lifetime. The wounded inner child archetype often becomes used to the abusive relationship and consider themselves no more valuable than mere objects meant to be used. They nurture hatred and blame towards their abusers for their lives failures and are prone to angry outbursts.

The positive side to this archetype, however, is that, once recovered, they redirect their hatred toward care and love for others who are victims of the same situation. They are quick to forgive and show compassion to others with the same ugly experiences.



The Nature Child Archetype

The person who loves nature may just have the nature child archetype. Individuals with this archetype are helplessly in love with all things nature, animals, plants, gardens, streams, and the environment at large. Preferring to stay in nature rather than with being among others because that is where they find the most comfort, enjoying a deep connection with it. They value the time spent in nature, making it a priority. They often prefer animals over humans, and yet, when this archetype is injured, they could become abusive to people and animals.

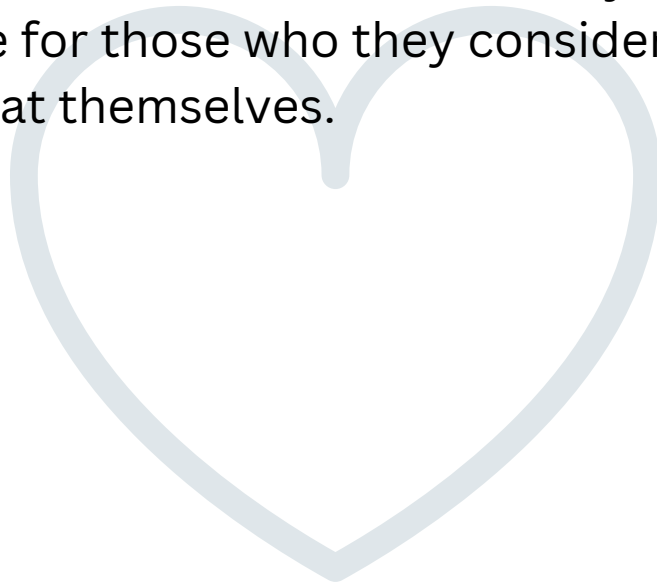


The Magical Child Archetype

There is a school of thought that everyone is born creative. However, it is fair to say that not everyone grows up to be creative or to utilize their creativity. This is the inner child archetype that houses the freedom to explore one's innate skills and abilities. The truth is that we don't grow up to become creative or invent ideas. On the contrary, it is as we grow, that we abandon our creative abilities and ideas, unused. The story is, however, a different one for individuals with the magical child archetype. They are those who were allowed ample freedom to explore during childhood, and as a result, have seen the magical infiniteness in the world's possibilities. They believe that everything is possible, only that the right way has to be found. They are deep thinkers who believe in the power of the mind to think up groundbreaking ideas that can make the world a better place. They are often inquisitive, carefree and adventurous idealists. As beautiful as this inner child archetype sounds, it, notwithstanding, has its downside. Such persons could be drawn into their imagination so much that they lose track of reality, and instead live in the world of fiction, movies, fantasies and fairy tale. They could also be dogmatic with their ideas and fail to accept opinions of others especially when such opinions differ from theirs or are not idealistic. They could become pessimistic and withdrawn. They are often reclusive who live in their minds and in the world of ideas.

The Devine Child Archetype

Childhood is most associated with purity. It is believed that one is yet unspoiled by the blemishes of adulthood. This is exactly what the divine child archetype emphasizes. Adults with this inner child archetype possess childlike innocence, enviable character, pure heart, unadulterated love, and friendliness. Based on this archetype is believed to be most connected to the divine realm. People with this inner child archetype grow to become loveable individuals, and sometimes leaders, both in the secular and spiritual realms. They love unconditionally and respect people's opinions. They care a lot about those around them and put others first. The negative side attached to this archetype is that it could tilt towards pride and self-elevation due to its Godlike characteristics. More so, such individuals could be overshadowed by negativities, thereby making them intolerant of others around, and their supposed ungodly ways of life. They could also find it extremely difficult to check their dislike for those who they consider lesser in rank and dignit that themselves.



The Eternal Child Archetype

This is the inner child that poet James Broughton refers to when he said, *"I'm happy to report that my inner child is still ageless"*. For individuals with this inner child archetype, life is all rosy and easy-peasy. They are those who receive adequate, if not excessive, parental care during childhood. These individuals are hardly exposed to life difficulties and as a result, they come to believe that life is smooth all-round for everyone. They are perpetually childlike in behaviour, thinking and in reacting to situations. They are ageless in mind and in spirit, and always seek to have fun. More so, they are bent on remaining young and carefree. They do not allow themselves to be burdened by life responsibilities. Conversely, however, people with the eternal child archetype fail to take full charge of the responsibilities that come with adulthood. They become excessively dependent on others, especially their parents and siblings, and as a result become unreliable. They cannot be trusted with serious task at work or in the home. They would rather relinquish their roles to others. Taking on leadership roles at home, work or in social circles is extremely difficult for them and most times, they find it difficult to take decisions of their own.

My Healing Journey

Although you may have found elements of your personality in two or three, or even all of the archetypes, decide on the one that relates closest to you. That is your child archetype. With the knowledge of the positives and negatives associated with your archetype, you can now assess yourself to check that you are in alignment.

If this is not the case, the next stage is to begin to look for ways to heal your inner child and reconnect with it, doing the exercises and using the techniques as set out in the pages that follow.

Who you are as an adult has everything to do with who you were as a child.

The beliefs that you hold and the joys that you celebrate are often born in childhood.

We want you to learn to celebrate the positive aspects of your character growing up and forgive the negative aspects, learn and grow from them.

If you are interested in exploring your Inner Child, please contact Deborah at info@apositivestart.org.uk

