



SANDY MAROUN
PSYCHOTHERAPIST & PSYCHOANALYST

INNER CHILD

EXPLORATION JOURNAL

A GUIDED JOURNEY INTO YOUR
EMOTIONAL PATTERNS



THIS JOURNAL BELONGS TO

A REFLECTIVE SPACE FOR YOUR INNER WORLD



WELCOME

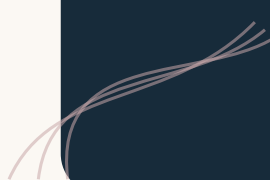
This journal was created as a gentle space for emotional reflection and self-understanding.

You do not need to rush through these pages.

Pause when emotions arise.

Return when you feel ready.

A GENTLE REMINDER



GO AT YOUR OWN PACE.

YOU CAN TAKE BREAKS.

YOU ARE ALLOWED TO FEEL.

YOU ARE ALLOWED TO HEAL.

This is not about fixing yourself.

It is about understanding yourself more deeply.

"Your reactions are not random."

CONTENTS

01

Noticing Your Reactions

02

Emotional Triggers

03

Tracing The Origins

04

Defense Mechanisms

05

Relationships

TAKE WHAT RESONATES. LEAVE WHAT DOESN'T.
THIS IS YOUR JOURNEY.

PART 1

NOTICING YOUR REACTIONS

BEGIN BY OBSERVING YOUR
EMOTIONAL WORLD WITHOUT
JUDGMENT



PART 1 NOTICING YOUR REACTIONS

Think of a recent situation where your emotional reaction felt intense.

What exactly happened?

What did you feel in that moment?

PART 1 NOTICING YOUR REACTIONS

What did you do in response?

Does your reaction feel proportional to the situation?

PART 2

EMOTIONAL TRIGGERS

WHAT TOUCHES YOU THE MOST?
LET'S EXPLORE.



PART 2 EMOTIONAL TRIGGERS

Some situations touch something deeper than others.

What situations trigger you repeatedly?

What is the most painful part of these moments?

PART 2 EMOTIONAL TRIGGERS

What do these moments make you believe about yourself?

How old do you feel emotionally in those moments?

SOMETIMES WHAT HURTS US TODAY IS CONNECTED TO SOMETHING WE NEVER HEALED YESTERDAY.



PART 3

TRACING THE ORIGINS

HEALING BEGINS WHEN WE STOP ASKING
'WHY AM I REACTING?' AND START ASKING
'WHERE DID THIS BEGIN?'



PART 3 TRACING THE ORIGINS

Begin to explore where these feelings may have started.

When was the first time you remember feeling this way?

Who made you feel something similar?

Describe a specific memory.

PART 3

PART 3

What did you need that you didn't receive?



PART 4

DEFENSE MECHANISMS

WHAT PROTECTS US FROM PAIN CAN ALSO
KEEP US FROM HEALING.



PART 4 DEFENSE MECHANISMS

The ways you protect yourself often carry a history.

How do you protect yourself emotionally?

What feeling are you trying not to feel?

PART 4 DEFENSE MECHANISMS

How has this defense helped you?

What is the cost of this pattern today?

DEFENSE MECHANISMS ONCE HELPED US SURVIVE; HEALING BEGINS WHEN WE NO LONGER NEED THEM
TO PROTECT US IN THE SAME WAY.

PART 5

RELATIONSHIPS

IN EXPLORING OUR RELATIONSHIPS,
WE OFTEN DISCOVER MORE ABOUT OUR
INNER WORLD THAN ABOUT THE OTHER.



PART 5 RELATIONSHIPS

What feels familiar is not always safe.

What relationship patterns do you repeat?

Do you tend to chase, withdraw, or overgive?

PART 5 RELATIONSHIPS

What are you trying to recreate or avoid?

SOMETIMES UNDERSTANDING OUR RELATIONSHIPS STARTS WITH TRACING THE ORIGINS OF WHAT
FEELS FAMILIAR.

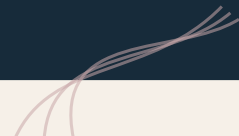


INTEGRATION

What pattern are you now more aware of?

What would a different response look like next time?

Awareness creates choice.



Thank you for allowing yourself to
reflect, feel, and explore.