

# **Childhood Wounds Healing Workbook**

**A CBT + Trauma Healing Guided Workbook**

# Table of Contents

Introduction

CBT Worksheet

Inner Child Letter

Core Belief Healing

# Introduction

This workbook helps you explore unresolved childhood wounds using CBT, emotional processing, and structured reflection.

# CBT Childhood Wounds Worksheet

Trigger or Situation:

Automatic Thought:

Emotion (0–100%):

Childhood Memory Activated:

Cognitive Distortions:

Evidence For the Thought:

Evidence Against the Thought:

Balanced / Healing Replacement Thought:

New Emotion (0–100%):

# Inner Child Healing Letter

Write a compassionate letter to the younger version of yourself who felt afraid, controlled, unseen, or unheard.

# Core Belief Healing

Identify the negative core beliefs formed in childhood and rewrite them with new truths:

**Negative Core Belief:**

**Where It Came From:**

**How It Affects My Life Today:**

**New Healing Belief:**

**How I Will Practice This New Belief:**