



-Family of Origin-

Inner Child

Family of origin can be defined as the place where you were raised. It can be composed of parent, siblings, grand-parent, or anyone else who lives with you. Our family of origin plays an important role in our early development. According to our observation, many of the issues of our students who seek counselling are related to the Family of Origin. As “**INNER CHILD**” is an important concept in Family of Origin, let's learn more about it.



What is Inner Child?

Everyone has an inner child, and it's constituted by our past experiences including **good** or **bad experiences**.

The care-giver from the Family of Origin, such as **different parenting style**, may make great impact on our **development, value, self esteem, and relationships**.



Through the process, the inner child absorbs the good or bad sides, and develops **sense of security or insecurity**.



✧ Different types of Inner Child

According to related findings of Carl Gustav Jung,
there are five types of inner child:

1

The wounded child

This child is wounded from traumas such as abuse or neglect suffered in childhood. Self-pity will be created as per the suffering experiences. This child can play the role of activator of forgiveness through learning.



The orphaned child

Child-orphan's sense of not belonging to family is significant as they were rejected. They learn to be independent early in order to survive. They have difficulty to trust others.

2

3

The poverty child

Child-poverty will never feel satisfied as their suffering experiences in past. They solely focus on their unfulfilled needs, and show low self-esteem and see themselves as unworthy.



The magical child

4



Child-magical believes that everything is possible.

Most of them are talented in imagination.

They may become depressed when they stop believing that their lifelong goals and aspirations will ever come true.

5

The eternal child

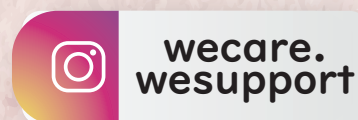
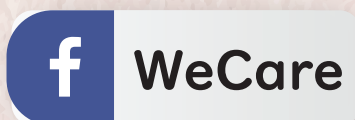
As per family's overprotection, this child may be unwilling to grow up, and is unable to become a responsible person. They tend to rely on others, especially when they face difficulty.



Did you take good care of your inner child?
Answer the **below questions** to find it out.

Through knowing our inner child,
we can better understand about ourselves, our emotions,
and how the past shapes our present.

If you want to know more or have further needs,
you are welcome to approach our counsellors for assistance.



✧ Did you take a good care of your Inner Child?

PLEASE ANSWER THE FOLLOWING QUESTION HONESTLY (YES/NO):

1. I am a people pleaser.
2. I deeply believe that I have much problems and I am different from others.
3. When I fight for my rights, I may feel restless, and may give it in.
4. I am a perfectionist, and I do things very seriously.
5. I am not sure what I really want.
6. I have faced or I am having eating problems.
7. I am not clear about how I feel most of the time.
8. I will try my best to not letting people angry or avoid conflicts.
9. I seldom express my negative feelings.
10. I am facing sleeping problems.
11. I believe that no one can be trusted, including myself.
12. I am afraid to be alone, and I will do anything to avoid being alone.
13. I realize that I will do things that people expect me to do.
14. It is far easier to care for others than myself.
15. I like to win, and hate to be a loser.



- If you have **3** or more Yes, your inner child was ignored for long, you are suggested to face your issues. You can read related books about self-understanding, and self-growth to enhance your sense of security.
- If you have **5** or more Yes, the level of your inner child getting hurt is significant, you are suggested to learn how to take care of your “Inner Child”, or to approach our Counsellor to get professional help.