

Past Self Worksheet

1. Think about a specific time in your past that you want to address. When was it, and what was happening in your life?

2. What were some of the challenges and struggles you faced during this time?

3. What emotions and thoughts did you experience?

4. What do you want to tell your past self to show empathy and understanding?

5. What words of comfort and support do you wish your past self had heard?

6. What have you learned since that time that you would like to share with your past self?

7. How have you grown and changed as a result of those experiences?

8. What advice would you give your past self to help them navigate their struggles?

9. What practical steps or coping strategies could have made a difference for your past self?

10. What aspects of your past self do you appreciate and feel grateful for?

11. How did your past self contribute to who you are today?

12. What positive qualities and strengths did your past self possess?
