

Why Do We Enter Relationships (Module 3 Lesson 1)

Childhood Role Models Review & External Analysis

This exercise is to begin the exploration of how our parental relationships may have impacted or how they continue to impact our lives. Please focus on one section and question at a time and DO NOT READ THE ENTIRE DOCUMENT. ONLY FOCUS ON ONE QUESTION AT A TIME.

You may end up with duplicate answers and that is good, you want that :)

1. If you were to describe your mother with only single word adjectives, how would you describe her?
2. If you were to describe your father with only single word adjectives, how would you describe him?
3. How would you describe their relationship with one another? (treatment, positive or negative view of each other, overall relationship dynamics etc. Be detailed if you can here)
4. How did your parents handle conflict when it occurred between them?
5. How did my parents show up to support each other? (Did they? Didn't they? How did they?)
6. How did your parents treat you (using only adjectives please)?
7. What actions do you wish either of your parents had done more of? (hugs, structure, verbal praise, quality time, etc)

8. How did your parents treat your siblings (using only adjectives please)?

DO NOT READ OR CONTINUE PAST THIS LINE UNTIL QUESTIONS 1-8 HAVE BEEN COMPLETELY ANSWERED

(CONSIDER MAKING THIS A NEW SHEET)

***After* answering the questions above,
then move to the questions below...**

1. Does my partner display any of the qualities of my mother or father? (1 or 2)
2. What positive and healthy patterns am I duplicating that my parents exhibited? (4,5,6)
3. What negative or unhealthy patterns am I duplicating that my parents exhibited? (4,5,6)

4. Where could I have been nurtured more as a child that I may be seeking today? (6,7,8)

5. What may I have witnessed as a child that could be contributing to my own parenting or relationship today? (4,5,8)