

The Mirror of Parental Looping & Reflection

Our relationships with the parental figures in our lives influences how we enter relationships with others throughout our lives. How our parental figures interact with others, how they interact with one another, and how they interact with us all play a part in the relationships we form as we are growing up and become adults.

This mirror can help us identify unhealed loops, traits that mimic parental influence, and why some relationships work or don't work.

Throughout our lives, we subconsciously recreate emotional experiences from our early childhood. We are either attracted to the people who are similar to the people we grew up with, or we seek to get the same response from people in present day life to replace what we grew up with. We repeat this behavior over and over until we become aware of why it is happening. Unhealed emotional wounds create a ripple effect in our lives.

After completing this exercise, you will be able to identify what you see in others that is mirroring the mother/father image to you.

Think in terms of 'caregiver'. You can use this exercise to reveal more about any relationship or influence from anyone who played a caregiver role in your life. As mentioned in the video - it might have been television. It could be a sibling who was prominent in your care as a child, or another family member or friend.

Exercise

The Mother/Father Image Parental Looping Exercise

This exercise is to help you explore how your parental relationships (or caregivers if your parents were not in the picture) may be impacting your relationships with others.

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?

Positive adjectives

Negative adjectives

2. If you were to describe your father with only single word adjectives, how would you describe him?

Positive adjectives

Negative adjectives

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)

Treatment of each other:

View of one another:

Relationship dynamics:

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)?

Mother figure
Positive adjectives

Negative adjectives

Father figure
Positive adjectives

Negative adjectives

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)?
Positive adjectives

Negative adjectives

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

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

1. What qualities of my mother or father does the other in my relationship display?
(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 relationship today? (4,5,8)

This exercise may have revealed some things you haven't thought about in a while or brought to light things that were kept in your subconscious. Use the Journaling prompts below to write down how it applies to your relationships.

Journaling Prompts

Consider the relationships in your life and answer the following questions.

Do they reflect something that you observed in my father/mother that I am seeking out in another individual? What is that?

Do they reflect something that I did not receive from my parental figure? What is that?

Do they reflect the dynamics between my mother and father figures that I may have witnessed?

Am I seeking responses in my relationships that I experienced when I was growing up?