

Questions for Self-Reflection



The following questions are designed for self-reflection, guiding you to think about your early life experiences. These questions were adapted from Dr. Dan Siegel's book Brainstorm. In your journal, write responses to each of the following questions. Your responses can be as long or as short as you like.

* Family Background

Who was in your family? Include significant adults, siblings, etc.

What was it like growing up in your family?

What was your parents' philosophy about raising children?

What did you most like about being raised in your family?

What did you most dislike about being raised in your family?

Would you raise (or are you raising) your own children in a similar way or differently?

* Family Relationships and Attachment

State a few words that reflect your relationship with each parent from your earliest years? Try to focus on how you felt before the age of 7.

Was there anyone in your life other than your parents who served as a parental figure or to whom you felt attached? Please state a few words to reflect your relationship with those individuals as well.

What were the major conflicts in your family? Did you have conflict with anyone?

Was there anyone you could turn to or any place you could go to help you feel comforted during difficult times?

Did you feel seen, safe and soothed by your parents?

How did your parents support your explorations and interests outside the home?

Why do you think your parents acted the way they did?

As you reflect on these experiences, how do you think they might influence the ways you relate to other people?

* Childhood Experiences

Did you ever experience a long separation from your parents in childhood? What was that like for you?

How were you disciplined as a child?

Have you ever felt threatened by your parents?

Have you ever felt rejected by your parents?

Have there been any other experiences that may have been overwhelming in your life? What were these, and how do you feel they have influenced your life?

Do any of these experiences feel like they are still very much alive now in your life?

What was your first experience with death? What do you remember from around this time?

Has anyone significant in your life died?

Has anyone significant in your life left?

How do these losses affect you?

