

HANDOUT

Class 3 Handout Questions for Parental Self-Reflection

Use the pages at the end of your Parents' Workbook to answer these questions.

1. What was it like growing up? Who was in your family?
2. How did you get along with your parents early in your childhood?
3. How did the relationship evolve throughout your youth and up until the present time?
4. How did your relationship with your mother and father differ and how were they similar?
5. Are there ways in which you try to be like, or try not to be like, each of your parents?
6. Did you ever feel rejected or threatened by your parents?
7. Were there other experiences you had that felt overwhelming or traumatizing in your life, during childhood or beyond?
8. Do any of these experiences still feel very much alive? Do they continue to influence your life?



Set aside some time to consider these questions. After waiting for at least a day, return to your written responses and read them aloud to yourself. What do you notice? How do your responses feel to you? How do you wish your parents might have offered you a different experience of being parented? How have these experiences shaped your own attitudes toward and interactions with your child?

- Adapted from *Parenting from the Inside Out*. (Siegel and Hartzell, 2003) Chapter 6. “How We Make Sense of Our Lives: Adult Attachment.” pp 132-133, 139-140. Requesting permission to reprint 3/27/2018