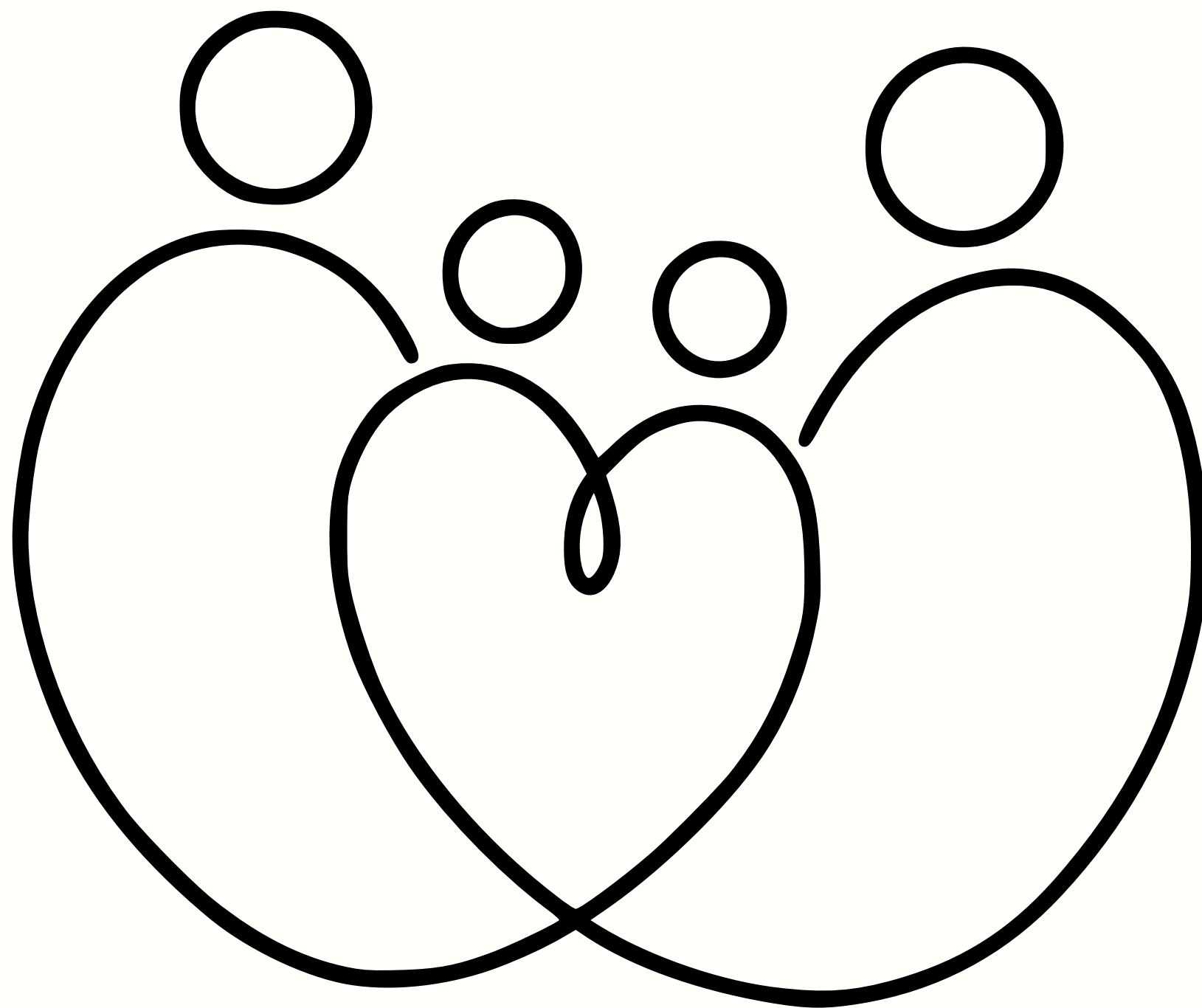


PSYCHOLOGICAL EXERCISE

P A R E N T S
I N S I D E
M E



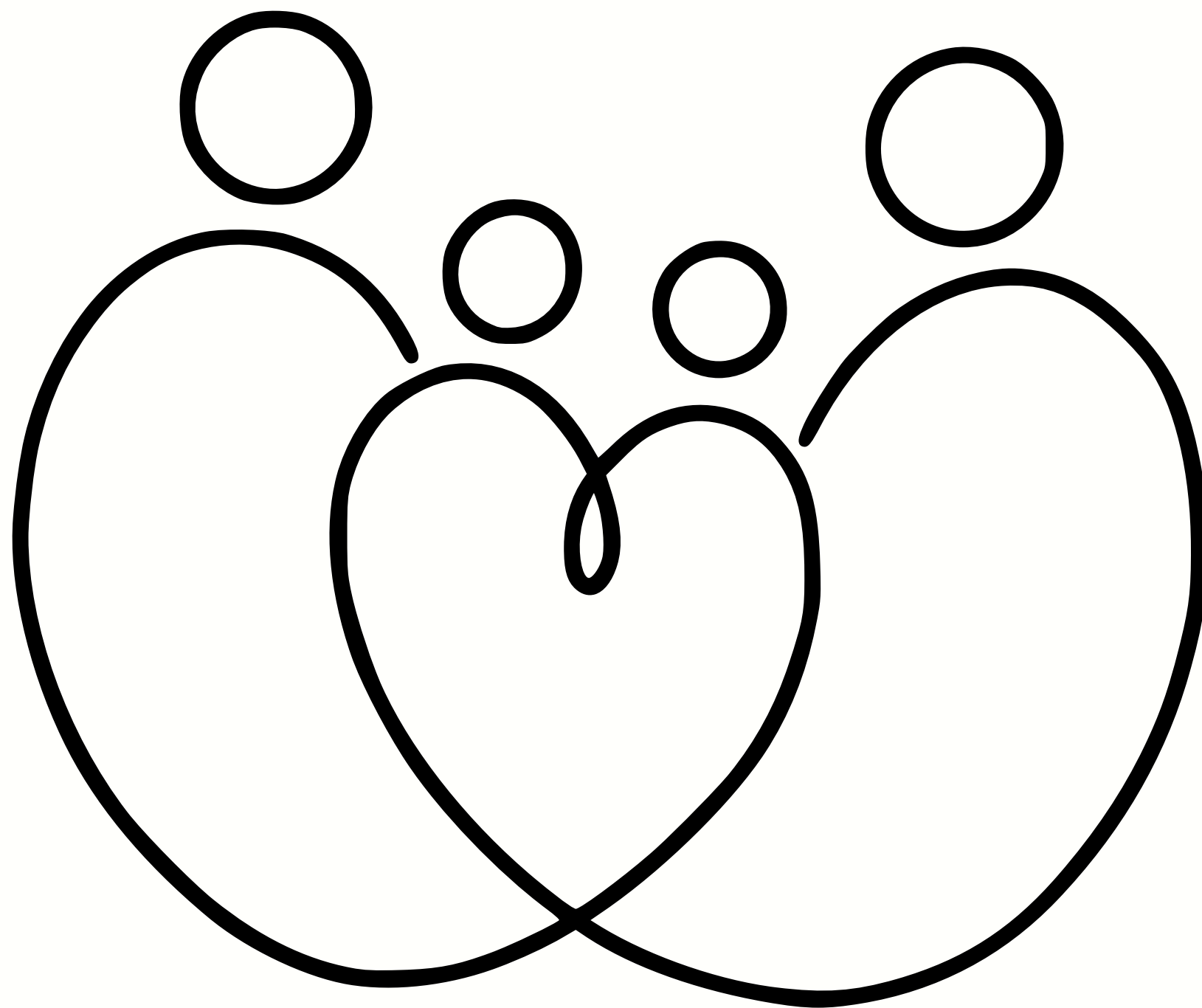


Parents inside me

EXERCISE

This exercise is designed to explore your experiences with your parents—primarily your mom and dad—and how those experiences continue to live on within you today.

We often think of childhood as “a thing of the past.” But in reality, what we received or didn’t receive from our parents becomes part of our identity, our choices, our relationships, our self-esteem, and even how we feel about ourselves.



Why do this exercise

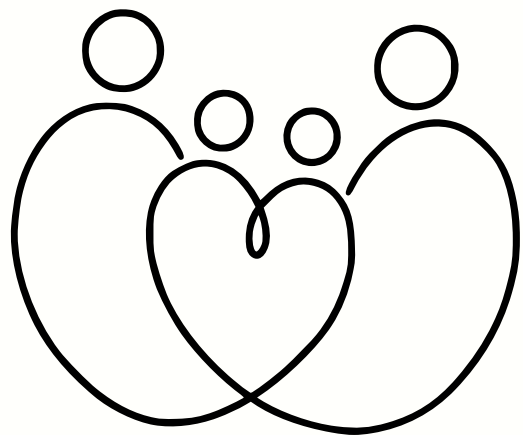
- to better understand how you are truly similar to your parents, and where you have been living a life that is not yours for a long time;
- to see what needs in childhood remained unmet and how you are trying to fill them now through relationships, work, achievements or self-criticism;
- to notice what you received but did not want to receive and how this could have become a source of internal conflict;
- to take the first step towards separation - not through a breakup, but through awareness and choice.

Try to allocate time for this exercise. It requires concentration and a calm environment around you.

Don't chase the number of answers - there can be one or dozens. The main thing is to hear yourself. The main thing is to look for answers for yourself, not for someone else.

There are no right or wrong answers in this exercise.
This exercise is a search for answers to questions that have long distracted you from your real life.

So go ahead! And important realizations for you)



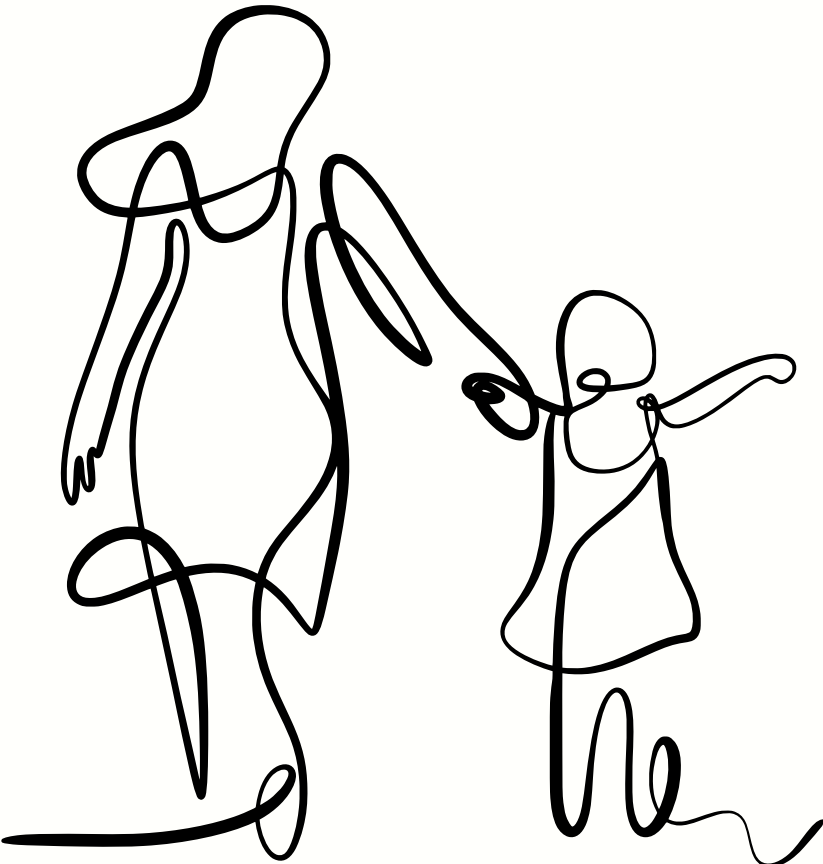
Mother

What, do I look like my mother?

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What, I DON'T look like my mom?

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Father

What, do I look like my dad?

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What, I DON'T look like/look like my dad?

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Mother

What did I want/want to get, but didn't get/receive from my mother?

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What did I get/receive but NOT want/want from my mom?

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Father

What did I want/want to get, but didn't get/receive from my dad?

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What did I get/receive but NOT want/want from my dad?

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THIS WAS
IMPORTANT
WORK FOR YOU

