

Starting points to Deeper Discovery

My best moments as a parent have been

My worst moments as parent have been

The areas/interactions/patterns I know I want to change in my parenting are:

When I look back at how I was parented, I can recall really loving it when:

When I look back at how I was parented, the emotion I tend to feel is:

When I look into the future and I am with my child(ren) I see / feel/ long for:

When I consider my parenting recently, the parts that I am most confused about, feel most unsteady in, would like to know more about are:

When I consider the emotions that are easiest for me to feel and be with i other people they are:

The emotions that are difficult for me to feel and be with in other people are:

I feel the most blessed or grateful to be a parent because: