



Looking Back on Early Relationships

Looking Back on Your Early Relationships

Choose 3-5 emotions that reflect your relationship with your mother or mother-like figure. Try to think back as far as you can remember to your early childhood.

(i.e. fear, frustration, intimidation, longing)

Now, try to think of a memory or an incident that would illustrate each of the words you chose to describe the relationship. Write these memories or incidents down.

(i.e. "Fear - Out of the blue, my mother lost her temper when I knocked over a lamp. It didn't even break, and I didn't mean to, so I felt afraid. What was she going to do to punish me? Her eyes looked angry and out of control. I felt alone, because the person I turned to when I was scared was the one scaring me.")

You can repeat this exercise with your father or father-like figure as well as any parental or influential person in your early life.

Emotion: _____

Memory:

Emotion: _____

Memory:

