



Questions for Self-Reflection

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The following questions are designed for self-reflection, guiding you to think about your early life experiences and how they made you feel. Try to focus on the emotions around these experiences and notice whatever emotions arise as you revisit these memories. 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 were you closest to in your family?
- How did you feel growing up in your family?
- What was the main emotion expressed in your family?
- What was your parents' attitude toward your feelings?
- How did your family react when you were angry, happy, sad, excited?

Childhood Experiences

- How were you disciplined as a child? What emotions did their discipline stir up in you?
- Have you ever felt threatened by your parents? What did that make you feel?
- Have you ever felt rejected by your parents? How did that make you feel?
- Have there been any other experiences that may have been overwhelming in your life? What were these? What emotions did they elicit in you?
- How did you deal with these emotions?
- Do any of these old experiences feel like they are still very much alive now in your life? Do your emotions feel similar to those you felt at those times in the past?

Childhood Conflict or Distance

- Who was the most distant or in conflict in your family? What emotions were being expressed around you? How did they make you feel?
- Who in your family were you most distant from or in conflict with?
- What did you do when there was conflict?

Childhood Criticism, Humiliation

- Who was most critical in your family?
- Who were you most critical of?

- Who supported/ validated you?
- Whom did you support/ validate?