



Mindful Parenting

Reparenting Journal Exercise

1. What was it like growing up? Who was in your family?
2. Describe your relationship with your mother and your father. Are there ways in which you try to be like or try not to be like each of your parents?
3. Did you have any experiences in childhood that felt overwhelming or traumatizing? Do these experiences still feel alive? Do they continue to influence your life?
4. What were the most difficult things about your childhood?
5. How were you disciplined as a child? How do you think this impacts your parenting?
6. How did your parents communicate with you when you were happy and excited? Did they mirror your feelings, share in your excitement? When you were distressed or unhappy, how did they respond to you? Were you “allowed” to feel your feelings?
7. How do you think your childhood experiences have influenced your relationships as an adult? Do you have patterns of behavior that you’d like to change, but are having difficulty changing? If so, what are they?
8. What impact do you think your childhood has had on your adult life in general, including the ways in which you think of yourself and the ways you relate to your children?
9. If you could go back in time and change anything about your childhood, what would it be?
10. What are your strengths?
11. What do you struggle with?
12. How do you cope with life’s challenges? List your healthy coping strategies and your unhealthy coping strategies.
13. Choose a difficult experience from your childhood. If you could go back in time, what would you want yourself to know? Close your eyes, picture yourself at that age and give yourself the support you wish you’d had.
14. What kind of parent do you want to be?
15. Where are you falling short? Instead of criticizing yourself for these challenges, extend yourself some compassion. Close your eyes and do a quick loving kindness meditation- “May I be happy, may I be healthy, may I be safe, may I live with ease.”