

Reflection Activity

Pause now. Either in your mind's eye or on a sheet of paper, take a few minutes to think or write about how you *felt* in your home growing up. Peace? Anxiety? Pressure? Unsafe? Supported? Think of a memory where you felt loved and understood. Now consider one where you felt overlooked or demeaned.

Describe to yourself what it was like to come home after being away. Did you look forward to it? Did you worry about the mood of the family upon reentry?

Consider each parent: Did you prefer one to the other? Why? Identify one or two memories that help you characterize your relationship with each of your parents.

Did you feel close to or threatened by your siblings?

Which event was the biggest hurdle in childhood? Which one was your greatest joy? Who noticed in both cases? How did they enhance or hurt those experiences?

What do you want your home life to feel and look like now?

Add any other thoughts as they come to you. Get it all down and let your mind and pen go where they want to.

It's okay. I'll wait.