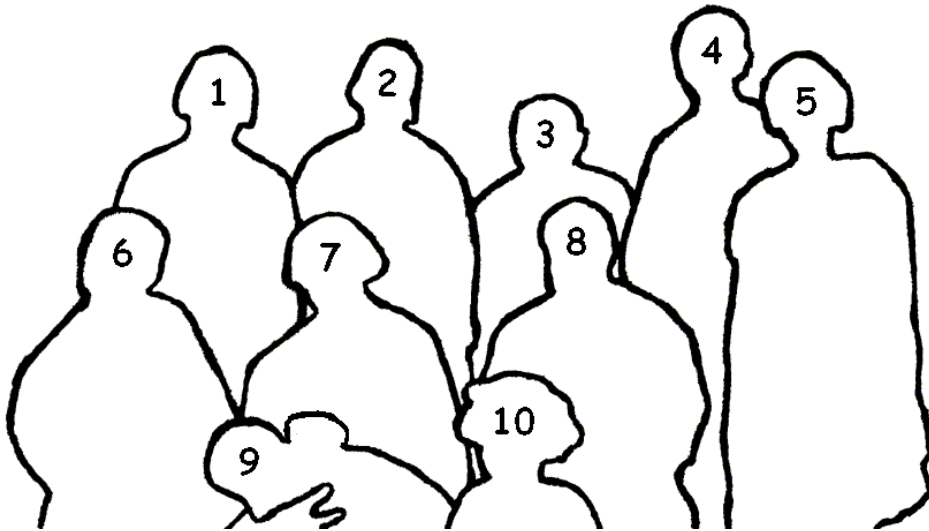


TACKLING OUR MOMMY/DADDY ISSUES

I. WHO IS YOUR FAMILY?

When you think about who in your life has had a big influence on your life, who is it? I'll use the word family, but this might include anyone: parents, grandparents, aunts, include, siblings, non-blood family etc.

Label the important people to you:



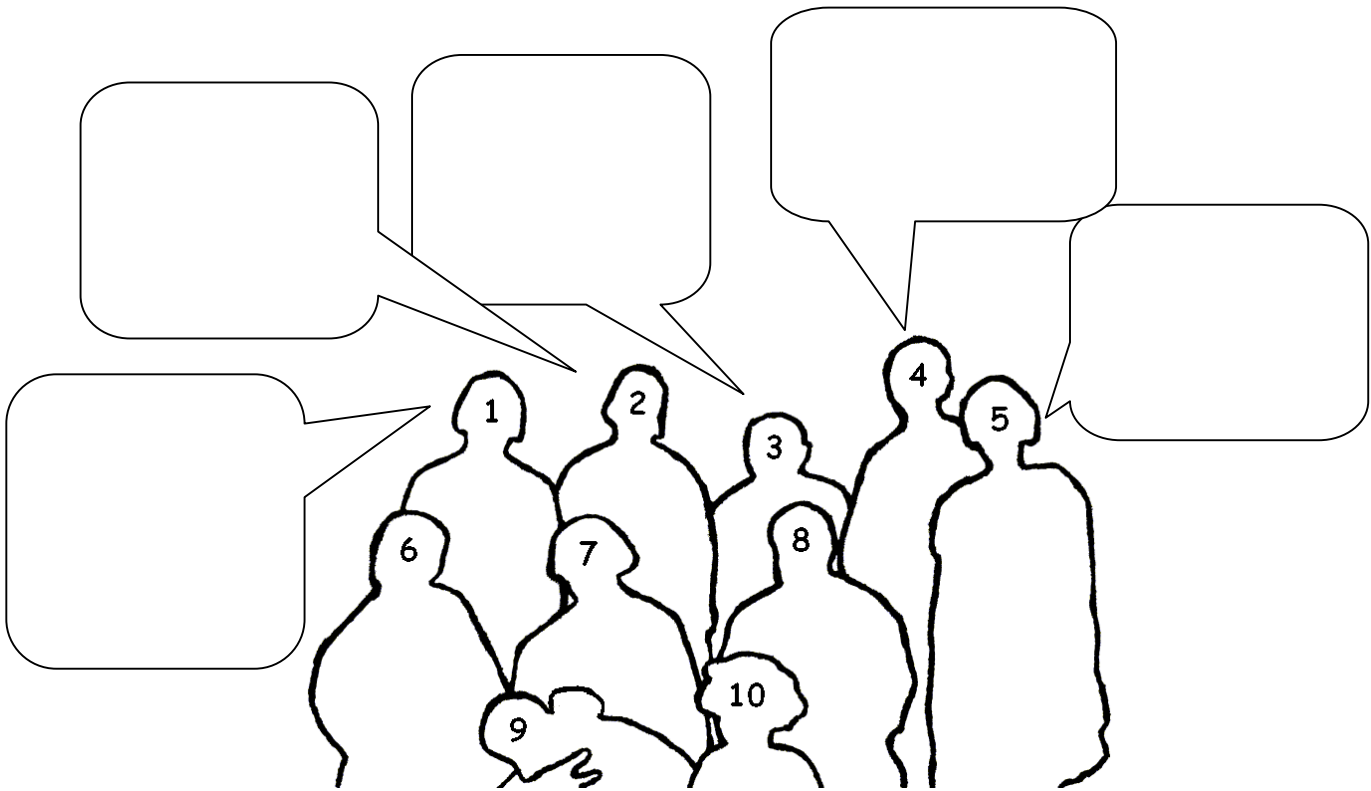
II. WHAT DOES YOUR FAMILY WANT FOR YOU?

Take some time to think through what your family expects from you. Think about both their explicit and implicit advice. What advice did they give you (about choosing schools, first jobs, long-term career, life...etc.)? What lessons did you take from watching them? These might be the same, or they might not be!

Go through each family member identified above—what did each want for you (you can use the talk bubbles on the next page or just make notes)?

Some prompts:

- What advice did they give you?
 - For college
 - For first jobs
 - For what success looks like
- What do you think they want for you in your career/life?
 - What have they told you
 - What do they expect from you
- What did they do? Were they happy?
- What lessons did you take from watching them?



III. ADD IT UP

If you add up all of the advice in #2, what does it add up to? How would you live your life?

Is this what you do/want to do?

(Exercise II and III inspired by Barbara Sher's "I Could Do Anything: If Only I Knew What It Was")

IV. HOW DO YOU SPEND YOUR TIME?

Part 1: List activities for how you spend your time, the justification for why you do this and if it's your values or someone else's.

| Activity | Justification for Activity | Does this reflect your values or theirs? |
|--|--|--|
| <i>Example:</i> Saturday morning house cleaning. | It's what I've always done; vacuum, dust, bathrooms etc. | Theirs. My mom's specifically. I don't care if my house is that clean. |
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Part 2: How can you eliminate "their" activities? For each activity you listed above that you marked as "theirs," can you eliminate it or reduce the amount of time you spend on it?

| Their Activities | How can you eliminate them? |
|------------------|-----------------------------|
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(Exercise IV from "The Renaissance Soul" by Margaret Lobenstine)