



## UNWEAVING THE THREADS: A SELF-REFLECTION GUIDE TO IDENTIFYING ACQUIRED PATTERNS FROM YOUR PARENTS

This guide is designed to help you delve into the intricate tapestry of your personality, examining the threads woven from your parents and lineage. Through targeted reflections, you'll discern which patterns align with your true essence and which are acquired behaviours.

### **Mother / Maternal Line**

Reflect on the following questions, considering different developmental stages of your life (0-7, 8-12, 13-17, 18-23, 24-29, 30-39, etc.):

#### **1. Expressions of Love**

- How did your mother express her love? (e.g., cooking, acts of service, affection, creating traditions)
- In what ways did she withhold or struggle to express love?

#### **2. Managing Stress and Crisis**

- How did your mother handle stress or crises?
- What coping mechanisms did she employ?

#### **3. Nurturing and Care**

- What did your mother teach you about nurturing?
- How did she balance caring for others and herself?

#### **4. Beliefs and Worldview**

- What did your mother convey about the safety of the world?
- How did she view trust and betrayal?

#### **5. Receiving Love**

- In what ways did you feel the need to "earn" your mother's love?
- When did her love feel unconditional?

#### **6. Parental Relationship Modeling**

- How did your mother relate to your father?
- What did their relationship teach you about partnerships?

#### **7. Maternal Lineage Influences**

- How might your mother's behaviors have been shaped by her own mother?
- What patterns or cycles can you identify in your maternal lineage?



## **Father / Paternal Line**

Similarly, reflect on your father's influence:

- Expressions of Love
  - How did your father show affection?
  - Were there ways he withheld or found it difficult to express love?

### **1. Managing Stress and Crisis**

- What strategies did your father use to cope with stress?
- How did he react in times of crisis?

### **2. Nurturing and Care**

- What lessons did your father impart about caring for others?
- How did he demonstrate self-care?

### **3. Beliefs and Worldview**

- What messages did your father give about the world's safety?
- How did he approach trust and the potential for betrayal?

### **4. Receiving Love**

- Did you feel a need to earn your father's approval?
- When did his love feel unconditional?

### **5. Parental Relationship Modeling**

- How did your father interact with your mother?
- What did their dynamic teach you about relationships?

### **6. Paternal Lineage Influences**

- In what ways might your father's actions have been influenced by his parents?
- What recurring themes exist in your paternal lineage?

## **Integrating Your Reflections**

After contemplating these questions:

- **Identify Acquired Traits:** List personality traits, beliefs, and behaviors you've adopted from each parent.
- **Assess Alignment:** Determine which of these aspects resonate with your authentic self and which feel imposed or inauthentic.
- **Plan for Transformation:** How can you begin to embrace traits that reflect your true essence and strategies to release those that don't to uplevel your identity?

Engaging deeply with these reflections can illuminate the origins of your behaviors and beliefs, empowering you to weave a life that aligns with your genuine self.



## Take the Next Step

Understanding the roots of your acquired patterns is a profound journey, and you don't have to navigate it alone. If you're ready to delve deeper and transform these insights into actionable change, I invite you to book a complimentary discovery call with me. Together, we can explore your unique experiences and chart a personalized path toward your authentic self.

[Schedule Your Free Discovery Call Today.](#)

Embark on this transformative journey and start unweaving the threads that no longer serve you.