

FAMILY JOURNAL QUESTIONS

Celestial influences this coming week offer us the perfect container for uncovering our authentic feelings about family, safety, nurturing, security and belonging. Here are some journaling questions to help you get started. Each group of questions helps you dig deep into a specific topic. Choose one or more group to work with. Within each group, be sure to fully answer each question before moving onto the next one, as they build upon each other. Take as much time as you need with this process.

MOTHER/NURTURING

- In what ways did my mother nurture me?
- How did I want her to nurture me?
- How do I nurture myself now?
- How do I nurture my children or my inner child? Be specific.
- Is this similar to how my mother nurtured me?

FATHER/PROTECTION

- In what ways did my father protect and provide for me?
- How did I want to be protected or provided for?
- How do I protect and provide for myself now?
- How do I protect and provide for my children or my inner child? Be specific.
- Is this similar to how my father protected and provided for me?

UNCOVERING THE GIFTS

Think of a family member that you have a challenging relationship with. Ask yourself:

- What do I find most challenging about this person? What are their most negative qualities?
- In what way has this person wounded me?
- On a soul level, why might I have chosen to be in close relationship with this person? What might they have been mirroring to me? What cautionary tale did they demonstrate for me? What lessons have I learned by virtue of being in relationship with them?
- What are the gifts of these wounds?

GRATITUDE EXERCISE

- List some of the positive childhood memories you have. In what way did those experiences shape who you are today? Allow yourself to feel grateful for each positive memory. Thank the people who were involved in bringing you those experiences.
- List some of the negative childhood memories you have. In what ways did those experiences shape who you are today? Can you find the gift of those experiences? Thank the people who were involved in bringing you those soul lessons.

BELONGING

Answer True or False to each of the following.

- I felt nurtured growing up.
- Growing up, I knew I belonged. I felt like an important part of my family.
- My family honored and supported my unique, authentic self.
- I felt comfortable being me in my childhood home.
- I felt safe and cared for.

For each question you answer “False,” ask yourself:

- Why not or how?
- How might it have been different? In what way would I have liked it to be different?
- How have those things affected my adult relationships? At work? At home?
- If you find you’ve recreated a similar experience, ask yourself what you can change about your current situation so that you can get those needs met? How might you look at it differently?
- Are you forcing yourself to stay in relationships or situations that continue to wound you? If so, why?

HOW DO YOU REALLY FEEL?

Write down the names of each of your close family members (mother, father, sisters, brothers). Write each of them a brief letter sharing what being in relationship with them has meant to you – both positive and negative. This is an exercise for you alone, so be honest about how you feel.