

Understanding Generational Patterns vs. Intentional Harm

1. What behaviors or beliefs did you grow up with that didn't feel loving—but were considered 'normal' in your household?





2. Looking back, where can you see patterns that may have been passed down from generation to generation?





3. What are some ways you've already broken those patterns in your own life?





4. What do you want to continue healing or releasing in your relationship with your parents (or your role as a parent yourself)?





5. Reflection Word Bank:

Use any that resonate:

Grace · Compassion · Distance · Understanding · Clarity · Strength · Growth · Freedom