

Total number of questions: 4

Q1: Regarding the relationship you have with your parents, what hurts?

Again, this will be deep work. Please drink plenty of water and proceed in a quiet environment. Please do not hold back tears. Let them all flow and accept yourself.

You may say, "I have a good relationship with my parents, so I'm fine." Think about what your parents taught you that you strongly committed to, sometimes narrowing and restraining your actions, unconsciously forcing you to do things that are separate from your true identity and authenticity?

When you were 5.

When you were 13.

When you were 21.

When you were 30.

Write down what happened, when, where, with whom, and how.

Hint: Don't worry. You will recall them one by one without haste. You will slowly go back and meet yourself.

Q2: So what can you thank your parents for?

Sometimes, there are hard situations for both of you and your parents:

painful, depressing, wanting to escape, severing the relationship, etc.

But what can you be thankful for?

If you have many, write them all down.

If you can't think of one thing, think not of your parents but of your unique experience, what you learned from it, and what skills you gained from it that no one else has.

Hint: Be honest and be kind to yourself.

Q3: Why can you be thankful for that?

Do not write anything in your notebook yet.

Now think about the thoughts of your parents from their point of view?

Some of you may have grown up without feeling any love at all.

Relax and go slowly.

So, let's begin.

Imagine this.

You are sitting face to face with your parent.

You move into your parent's body, leaving only your soul.

Look at yourself through the eyes of your parent.

What do you see?

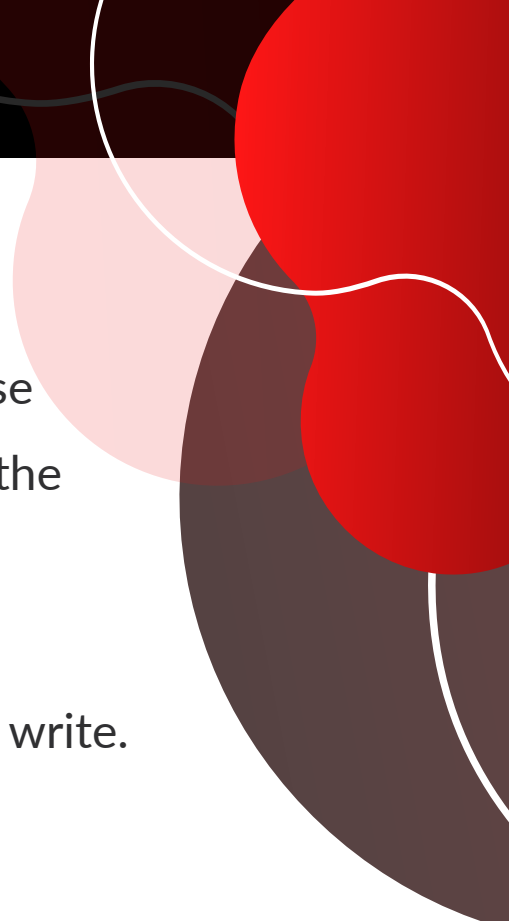
What is the situation?

What feelings do you have as a parent?

Now, as a parent, speak to you.

Your soul leaves the parent and goes toward you as you sit.

Give yourself a big hug.



When you have hugged yourself enough, please write why you can appreciate your parents or the environment in a notebook.

Hint: Relax and take plenty of time before you write.
Don't be afraid. Be honest. Be gentle.

Q4: What is it that you really want to do?

Putting aside your family environment and your feelings about your parents, what is it that you want to do?

Hint: It can be anything.

Only you know what it is.

And no one has the right to stop you.

Ask your little inner self what you really want.

Be honest with yourself.