

It Wasn't Your Fault

You develop a sense of who you are from your experiences with others. Your earliest understanding about relationship may have been impaired due to circumstances beyond your control. As a child you may have internalized the experiences and thought you caused them.

This worksheet will help you tease out some of the things that happened, so that you can develop more self-compassion and self-acceptance. Take your time answering the questions. There are not right or wrong answers. Simply note what comes to mind. If any question feels too uncomfortable, skip it and move on to the next one, or stop the exercise and find a calming activity or mindful meditation to relax for a while before continuing at a later time.

My first memory as a child is...

My parents were...

What I learned about love as a child is...

I was disciplined through...

Communication in my family was challenging because...

What I learned about myself as a child was...

My favorite play as a child was...