
Reflecting

1. Often we learn what makes us lovable from the parent of the same sex, but learn how to live in the word from the parent of the same sex.

Can you see this dynamic in your life?

What are the ways you are similar to your mother?

What are you driven to excel at?

What are the ways you are similar to your father?

What makes you lovable?

2. Sometimes we orient our lives around achieving what we think we need, what we were taught to want or what we think others in our lives want.

List some of the ways that you have done this in the first part of your life? What are the things that you thought you wanted or needed? What are the things that you thought you were poorer for not having. What are the things that you strove hardest to build or acquire?

What were you taught to want:

What were you told to need:

What did you think others in your life needed:

3. Think about each stage of life that we go through in life. Birth, Infancy, Childhood, Young Adulthood, Adulthood/Parenthood, Later Life, and Old Age. Where was your Mother, Father, or caregiver stuck in their own development? Think about who they were, and the things they wanted for you. Think about the things they taught you.
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Where did they stop growing?

What did they want or need you to be?

Were your parents able to let you be your own person, separate from their needs or plans for you?

Jung said that the unlived life of the parent is the largest force that acts on the child. How did the things your parents wanted as children affect your development?

Death is often the last lesson we teach our children. Did/have your parents come to terms with the end of their life? Were you raised to believe death was a scary and overwhelming thing, or another phase of life.

4. Who are you? What is it in you that needs to grow?

5. The last time you were doing exactly what you knew you were supposed to be doing what was it? When were you last happy and at peace?

6. What in your current life is furthering your growth, and what in your current life is limiting you? What are your own needs for your own growth you have been ignoring?

7. It is your job to bring new life into this world. This can be through art, family, community, and many other things. Each person is called to create something beautiful with their life. What are you bringing now? What do you want to bring?



8. Are you living your life or someone else's?

Looking Ahead

Ask yourself, what puts me in touch with who it is that I know I am?

Ask yourself, when am I in the closest conversation with what I find beautiful and good?


Ask yourself, where am I avoiding taking on responsibility or taking a position of authority where the world would be better off for it?

Ask yourself, where am I waiting for someone to tell me what I want or what I am supposed to do?

Ask yourself, what was I waiting for the world to tell me I had left undone?

Ask yourself, what did I feel I did not have permission to ask out of life?

Ask yourself, where am I pursuing pleasure and not meaning in my life?



yourself, What in me do I need to leave behind so the rest of me can become what I want to be?

Ask yourself, what you would want to see in the memories of your life if you could look back at it in a hundred years?