



Module 1 – Worksheet 2

Positive Parental Characteristics

Parents are people too! When you were a child you probably never thought of your parents as anything except "mom and dad," yet they filled many other roles and were individuals with their own likes and dislikes, needs, wants and fears. The positive characteristics you observed in your parents were part of the building blocks in the formation of your own self-image and self-esteem.

Take a few minutes to think about your parents or the significant adults who raised you. Who were they? What type of people were they? What individual talents and characteristics did they possess? How do you imagine they felt about life, parenthood, marriage, their own parents, etc.

Exercise: Positive Parental Characteristics

In the left hand space below, list at least 10 (or more) characteristics you liked about your parents (individually or together) or significant adults . In the space on the right, list which of these parental characteristics have become a part of who you are today.

My Parents

Me

1)

2)

3)

4)

5)

6)

7)

8)

9)

10)

More:

Thank your parents (either in person, in writing, or mentally) for these special gifts!

Reflections on Positive Parental Characteristics

- Parents are people too!
- Parents have their own likes, dislikes, needs, wants and fears.
- Characteristics of your parents may become part of who you are.
- You have the power to keep or change these characteristics in yourself.