



# INTEGRATE TO LIVE

Restore Resilience. Cultivate Community. Impact your World

## Week 22 Action Guide: Patterns of Relating

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Patterns of relating are cultivated through hundreds of daily encounters, especially early on in development. Let's explore your early relational experiences to better understand how you relate as an adult.

What was your role in the family dynamic?

What were typical interactions with your parent(s) or caregivers like? Were you comfortable with them?

What were your needs and were they met on a consistent basis?

Were you expected/required to meet your parent(s) or caregivers needs?

Were you able to express yourself freely and honestly without aggression or retaliation?  
What was that like?



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List 3-5 adjectives that describe your relationship to Mom before the age of 13:

List 3-5 adjectives that describe your relationship to Dad before the age of 13:

If you weren't raised by your parent(s), please list 3-5 adjectives that describe your relationship to your caregiver before the age of 13:

What are some of the relational patterns you've developed as a result of all of the above?

What's the story you make up about relationships, in general?