



Becoming Aware of and Integrating Your Childhood Story

Your childhood story is the story that you tell about your past as a child. It often includes who, what, where, and when. Yet, today, we're going to delve into your telling of another childhood story. This story involves feelings that you have, thoughts that you think and beliefs that you've held about your childhood.

Why do we do this?

Because in order to clear away any old feelings, thoughts or beliefs that are still causing you pain, hurt, or disconnection between you and your child, then we really need to begin with this childhood story here. This is the story that you may find written in your journals or told to your best friend. When you can integrate your childhood story into the adult you are now you will be less likely to project the same dynamic and disconnection onto your children.

As you dive into filling out these questions below, allow yourself to be vulnerable and authentic. Your soul is waiting for you to complete your childhood story so that you can integrate it and finally arrive at your soul story. I suggest doing this work over a few days and not trying to tackle it all at once.

Your Childhood Story

LOVE -Receiving and Giving Love

Did you feel loved? If so, by whom?

Did you think you were loved?

Did you believe you were loved?

What did you believe around love growing up?

Did you feel like giving love to your family? If not, why not?

Do you feel like giving love to your family now? If not, why not?

Do you believe that you deserved to receive love as a child?

When you received love from your family, what did you believe about yourself?

When you didn't receive love from your family, what did you believe about yourself?

ACCEPTANCE - Feeling Acceptance

Did you feel accepted? If so, by whom?

When you felt accepted (if you did), what did you believe about yourself?

Did you feel like you were NOT accepted? If so, by whom?

When did you feel like you were NOT accepted?

When you felt unaccepted, what did you believe about yourself?

When you felt unaccepted, what did you believe about your family?

APPRECIATION - Feeling Appreciation

Did you feel appreciated? If so, by whom?

Did you have to do something to be appreciated in your family?

Did you ever feel unappreciated? If so, by whom?

When you felt unappreciated, what did you believe about yourself?

When you felt unappreciated, what did you believe about your family/parent?

CARE - Receiving Care

As a child, were your physical needs met? (shelter, food, health)

Did you feel cared for physically?

Did you feel cared for emotionally?

Could you express your feelings and feel nurtured?

Did you ever feel not cared for?

If you ever felt not cared for, then what did you believe about yourself?

If you ever felt not cared for, then what did you believe about your family/parent?

UNDERSTANDING - Feeling Understood

Did you feel understood? (like someone really gets you)

If so, by whom?

Did you not feel understood?

If you ever felt misunderstood by someone in your family, then what did you believe about yourself?

If you ever felt misunderstood by someone in your family, then what did you believe about your family/parent?

EMPATHY - Receiving Empathy

'It is important for children to experience their parents as an emotionally supportive presence in their lives. This is the cornerstone of developing emotional intelligence. The presence of emotional support needs to be steady and consistent throughout a child's life. Emotional support means that one's feelings are listened to, acknowledged, validated and accepted.' ~Ruth Beaglehole

As a child, were your emotional needs met?

Did your feelings matter?

Did your parents (or caregivers) express their feelings?

Could you express your feelings and feel fully accepted?

Did you ever feel not heard?

If you ever felt not heard, then what did you believe about yourself?

If you ever felt not heard, then what did you believe about your family/parent?

Power Patterns

As you become aware of your childhood story, it is important to identify which parenting pattern your parents used most - the power pattern OR the empowerment pattern?

With this awareness, you can become conscious of which parenting pattern you may be repeating now OR rebelling against with your own child?

Did your parents predominantly use the power pattern or the empowerment pattern?

Did your parents punish you? If so, how?

If your parents used the power pattern, do you find yourself using this with your own child or do you find yourself rebelling against this pattern?

Did your parents create a strong relationship with you where you felt heard?

If your parents used the empowerment pattern, do you find yourself using this with your own child or do you find yourself rebelling against this pattern?

As a child, how did you feel about your parent's parenting pattern - either the power pattern or the empowerment pattern?

PUTTING IT ALL TOGETHER

After answering all of these questions here, which questions stand out the most for you, giving you the most emotional charge when you:

- a) answer them
- b) read them back now

What was your greatest insight about your childhood story?

How do you feel now about your childhood story?

What do you believe about yourself as a child after telling your childhood story here?

What do you believe about who you are as an adult after telling your childhood story here?

Is there any belief about yourself or your childhood that you are ready to integrate and grow through? If so, what is it?

YOUR SOUL STORY

Your soul came here to experience itself beyond any beliefs, either affirmative or limiting beliefs. Your beliefs are organized around a story about your life - how you see your life happening or not happening. Now, let's go a level deeper beyond any beliefs. Your soul came here to know itself as the purity, the lightness that existed when you were first born.

And there is your soul story that you've been playing with your whole life. This is the 'theme' of your life. Your soul story is based upon whatever theme in your life that you are:

1. Fascinated with
2. Struggling with

Your soul story will be about overcoming a lower-vibration energy (ex: poverty) for a higher vibration energy (ex: abundance)

Some examples of a soul story:

Self-love (higher vibration) vs. self-hate (lower vibration)

Abundance (higher vibration) vs. poverty (lower vibration)

Forgiveness (higher vibration) vs. punishment (lower vibration)

Your soul story empowers you to better understand your journey here throughout your childhood and now, your lifetime. Your soul story allows you the perspective of a Creator of your life, rather than a victim.

Your soul story is the story that your soul is yearning to tell, beyond anything that happened to you (or didn't happen to you) in childhood. Your soul story reflects the essence of your soul.

What is *your* soul story?

This document is taken from the work of Jolette Jai, Jai Parenting Institute, Ultimate Parent Course, 2016