



Kerry Armstrong

HEALING

Reparenting - Innerchild and Shadow Worksheet

Inventory & Family History

Unmanagability

What is my definition of being unmanageable or having an unmanageable life?

How do I allow the thoughts, feelings and expectations of others to have power over me or to determine my behavior or choices?

Have my relationships created chaos, abuse or predictable turmoil in my life? If yes, list an example.

Has my thinking, behavior or childhood trauma affected my job performance or my ability to relate to others?

Is my manageable life actually controlling behavior that I've mislabeled as something else?

Am I in denial about my controlling behavior?

.Denial

Was I forced to rely on an abusive or neglectful parent for food and shelter?

Did I ignore my feelings of shame, fear and neglect to survive my childhood?

Did I monitor my parents or caregivers feelings or mood to determine how I should feel or act?

Am I honest about how my parents treated me when I was growing up? Did I fear one or both of my parents growing up?

Do I minimize my parents behaviour by saying “That was in the past. What is done is done.” or “I don’t look back because it doesn’t do any good!”

Did I fight with my siblings? Did I resent them? Did I protect them?

Am I afraid to talk about my past because my siblings will challenge me or try to undermine my experience?

Co-Dependence & Dependence

Do my relationships show a pattern of intensity, indifference and fits and restarts? Is blaming others a theme in my relationships?

Do I try to get my needs of love and happiness met by people, who cannot do enough for me or who cannot meet my expectations?

Do I label myself as a “giver” but secretly resent others who do not return my favors or listen to my advice?

Do I look outside myself for Love and affirmation?

Hidden Treasures

Am I recreating family-of-origin relationships or dynamics of fear, excitement and pain in my current relationships? Am I setting up my own abandonment?

Am I reenacting my family system or roles through my current relationships? Does this feel normal or familiar?

Did I daydream or dissociate to escape my family abuse, neglect or indifference? Did I dream about being from a different family?

What did my parents say to undermine my reality when I complained about abuse or inappropriate behavior?

What messages did my parents or relatives use to invalidate my feelings or perceptions?

Was there religious or spiritual abuse in my home?

The Creator - The Devine - God

What was I told about God/Prayer/Meditation by my parents, religious leaders and friends? Was I allowed my own beliefs or to question my parents beliefs?

What did God/Creator/Universe mean to you as a child? What does it mean now?

Draw a picture of what God/Creator/Universe looks or feels like to you or the closest thing you associate it with.

Archetypes & Labels

Possible Labels for family members.

Violent. Wrestled inappropriately. Pinched or slapped others.

Undependable, does not follow through with promises. Worried a lot, neurotic. Perfectionist, high strung. Argumentative. Workaholic, never home. Ladies man, skirt chaser, gigolo. Sexually aggressive, not safe. They ate their feelings, obesity. The glue that holds the family together.

Religious, fanatical beliefs. Neurotic, worried all the time. Chronically ill. Pill popper or hypochondriac. Sickly child. Slow learner. Stupid Idiot. Too sensitive. Lazy. Thin skinned. Big spender, flashy, always in debt. Thief, bogus check writer, inmate. The scapegoat who always gets blamed. The hero always swooping in and rescuing. The black sheep of the family. Great cook. Always happy. The comedic relief, always joking. The mother who gives everything and more to her family, usually praised for it. Daddy's little girl. Daddy's strong man. The bossy one.

The Four Archetypes Of Survival

The Child

Wounded Child

Abandoned/Orphan Child

Magical/Innocent Child

Nature Child

Eternal Child

Needy Child

The Victim

The Prostitute

The Saboteur

Partial list of other archetypes to choose from

Addict	Gaia	Patriarch	Seductress
Alchemist	Gambler	Pilgrim	Seeker
Anarchist	God	Pioneer	Seer
Artist	Goddess	Poet	Servant
Avenger	Gossip	Politician	Shaman
Beggar	Healer	Predator	Sidekick
Bully	Hermit	Priest	Slave
Bureaucrat	Historian	Prince	Spoiler
Caregiver	Innovator	Princess	Storyteller
Clown	Judge	Prophet	Student
Companion	Knight	Provocateur	Teacher
Coward	Liberator	Puppet	Thief
Craftsperson	Lover	Puritan	Tramp
Crone	Magician	Rebel	Trickster
Crook	Martyr	Redeemer	Tyrant
Damsel	Masochist	Rescuer	Vampire
Detective	Matriarch	Revolutionary	Victim
Deva	Midas	Robot	Visionary
Dictator	Monk	Sadist	Warrior
Diplomat	Mystic	Sage	Witch
Disciple	Nature	Samaritan	Wizard
Dreamer	Networker	Scholar	
Evangelist	Nun	Scout	
Fool	Olympian	Scribe	

Family History

Assign the archetypes & labels you feel each family member resonates with below

Great Grandmother, Mother's line -

Great Grandfather, Mother's line -

Grandmother, Mother's line -

Grandfather, Mother's line -

Great Grandmother, Father's line -

Great Grandfather, Father's line -

Grandmother, Father's line -

Grandfather, Father's line -

Aunts, Mother's line -

Uncles, Mother's line -

Aunts, Father's line -

Uncles, Father's line -

Mother -

Father -

Sibling -

Sibling -

Sibling -

Sibling -

Which labels and archetypes were assigned to YOU growing up?

Which archetypes or labels did you give yourself or were born out of abuse, trauma or bullying?

What archetypes and labels have you've grown into since you started your healing journey?



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