

Reflective Journaling for Cycle-Breaking Parents

The R.E.P.A.I.R.™ Parenting Framework

By Meghan L. Maynard

www.elarainstitute.ca

This journaling workbook invites you to explore your experiences of being parented, your emotional responses, and the values you hope to bring into your own parenting. There are no right answers—only honest reflection.

1. Your Experience of Being Parented

Use these prompts to reflect on your early caregiving experiences.

- What are three words you would use to describe your childhood home?
- What was your emotional experience like with your caregivers?
- Were there certain emotions that felt safe to express? Which ones were not?
- What did love look like in your family?
- How were mistakes handled in your home?
- What did you learn about safety, control, and affection from your caregivers?

2. Emotional Triggers and Reactions

Reflect on how your past shows up in your present parenting.

- What moments in parenting tend to trigger strong emotional responses in you?
- When you feel overwhelmed, what story do you tell yourself about what's happening?
- What legacy responses do you notice yourself repeating, even if you don't want to?
- What physical or emotional cues let you know you're triggered?
- What has helped you feel more regulated or grounded in the past?

3. Values You Wish to Uphold

Explore what matters most to you as a parent and what kind of legacy you hope to create.

- What kind of parent do you want to be—especially in hard moments?
- What do you want your child to remember most about their relationship with you?

- What values are most important to you in parenting?
- Where do these values align with how you were raised? Where do they differ?
- What is one value you want to lead with this week?

www.elarainstitute.ca