

Write your own parenting story

What you need:

1. Simply a journal and something to write with and a quiet space with some dedicated time

Purpose:

Journaling is a great wellbeing practice and this journaling practice has added value, as it allows you to reflect on why and where your triggers as a parent may come from. This is valuable information and supports our wellbeing by giving us the opportunity to grow & understand. This practice is best done with the support of a coach or therapist.

What you do:

1. As always take a moment to settle your system and Connect In
2. For a moment with compassion consider your experience of parenting. Allow openness, curiosity and compassion
3. And then simply write. You might like to start like a traditional children's story Once upon a time.....
4. Try to have your writing be automatic; don't over-think it just keep writing and see what emerges.
5. When you feel done, sit back and reflect and see what you notice. Again, with openness, curiosity and compassion.
6. Then time for some sharing & support. Find someone you feel safe with to share your reflections and what you noticed.
7. This supports our wellbeing as firstly it can act as a letting out and a letting go whatever our childhood experience may have been. And secondly because it offers us insights for our growth & development and when we are growing our sense of wellness is greater.



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Create space
and connect in

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