

Rooted in Awareness

Healing the Parent First

A gentle pause for parents learning
to notice what's happening inside
before reacting on the outside.

*You don't need to fix yourself.
You don't need to get it right.
You just need to pay attention.*

Let's Raise These Kids • Cycle 1



Pause + Notice

Think about a recent parenting moment that stuck with you.... a moment that stayed in your body or your thoughts afterward.

What happened?

(Just the basics. No overthinking.)

What did I feel first?

(Circle one or two — whatever fits.)

- frustration overwhelm anger fear
 sadness shame numbness something else:

What did my body feel like in that moment?

(Tight chest, racing thoughts, heavy shoulders, wanting to shut down, etc.)



Pause + Notice

Looking beneath the reaction:

Sometimes the reaction isn't really about the moment. It's more so about what the moment touched.

Did this remind me of anything from my past — even a little? If so, what?

A softer shift

Without fixing or forcing anything... If I could respond again with awareness, one small thing I might try is:



A grounding reminder...

You are not a bad parent for reacting; you are simply learning by noticing.

Finish this sentence with no pressure to make it perfect:

Today, I'm learning to parent from awareness, not survival. One thing I can offer myself right now is:

You don't have to heal everything today.
Awareness is enough for now.

If this reflection resonated, the [Protective Parenting Pattern Quiz](#) can help you understand which patterns tend to show up for you — and why.

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