

# Family Patterns and Parental Appreciation: Healing Through Awareness and Acknowledgment

## Chat Shares

- List out 3 positive interests/ aspects/traits in yourself that you “picked up” from your mom
- List out 1 painful habit/ pattern that you “picked up” from your mom
- Trade in & up: Choose one positive connecting trait to reinforce mentally every time you find yourself doing the sub-optimal habit

## Quick recap

The meeting began with participants sharing personal updates and achievements, including experiences with retreats, reunions, and challenges with hearing and documentation. The group then discussed gender differences in coaching approaches and decided to focus their next discussion on family systems, with Annie presenting various options for exploration. The latter part of the meeting centered on understanding and addressing unconscious patterns from family systems, with Annie sharing personal experiences and providing techniques for acknowledging and appreciating positive parental influences while working to break negative patterns.

## Summary

### Personal Achievements and Challenges

Annie led a meeting where participants shared personal updates and achievements. Annie shared her success in conducting a retreat for 10 women, which she had initially been hesitant to do. Ri discussed attending his 50th high school reunion and his efforts to improve his social skills. Stuart shared his challenges with a hearing injury and his struggles with understanding poorly written documentation for a CRM system. He described his breakthrough in recognizing and managing his tendency to procrastinate when faced with difficult reading material, and his solution of restructuring his office to minimize distractions.

### Gender Differences in Coaching Approaches

The group discussed personal achievements and brags, with Stuart and Dana sharing their experiences. Dana described coaching a male client who confidently embraces his progress, contrasting with typical female clients who may doubt themselves. Annie noted gender differences in agency and coaching approaches, suggesting the need for affirmative action in coaching women. The group then decided to focus on family systems in their next discussion, with Annie presenting three options: family systems, past and future self-relationships, and parts conflict resolution.

## **Unconscious Family Patterns and Influence**

Annie discussed the importance of belonging and how it often takes precedence over personal growth and development. She explained that people may unconsciously mimic patterns from their family of origin, even if they believe they are nothing like their parents. Stuart shared his personal experience of realizing how much his parents' influence affected him after their deaths. Annie emphasized that these patterns can manifest in various aspects of life, including financial success, and suggested that tracking persistent patterns could help individuals understand and address unconscious influences from their family system.

## **Breaking Unconscious Health Patterns**

Annie shared her personal experience with a cancer scare and how she unconsciously counted back from her mother's age, leading her to question if she was subconsciously trying to join her mother in having cancer. She described how she shifted this pattern by imagining and communing with her 85-year-old self, who advised her on treatments. Annie emphasized the importance of conscious awareness in breaking patterns and explained how she chose to connect with her mother through positive traits like dressing up and intuition, rather than negative patterns like guilt.

## **Appreciating Parental Influence**

Annie discussed a technique for acknowledging and appreciating the positive influences of one's parents, emphasizing the importance of tracking and attributing personal successes to their contributions. She explained that this practice helps mitigate intergenerational envy and fosters better relationships with parents by acknowledging their role in one's development. Annie also highlighted the benefits of being conscious of where one learns new skills or traits, encouraging the practice of noting and appreciating these influences.

## **James' Inherited Traits and Career**

Annie and James discussed traits James inherited from his parents, with James sharing that he appreciates community service from his mother and values responsibility from his father. Annie suggested that James could reframe his career path from teaching to management, noting that

managers often earn more money and can help people manage their attention and resources. They also explored how James might unconsciously use guilt, a strategy his mother employed, both with others and himself.

## **Understanding Maternal Appreciation**

Annie and Leigh discussed Leigh's resistance to acknowledging her mother, which Leigh attributed to feeling unappreciated in her childhood. Annie suggested that Leigh's mother might have been envious of her daughter's achievements, which could explain her lack of recognition. Leigh found this perspective more accessible than seeing her mother as simply unappreciative. Annie encouraged Leigh to view her mother as an adult who might be hiding her own awe and admiration, rather than seeing her as uninterested or troubled.

## **Reinventing Maternal Behavior Patterns**

Annie discussed the challenges of modeling maternal behavior without reference experiences, emphasizing the importance of creating new parenting approaches. She suggested that individuals can develop their own methods of showing love and support, even if their parents did not provide a strong foundation. Leigh expressed a shift in perspective after understanding that acknowledging and working with one's parents' limitations can lead to better outcomes for both the parent and child. Annie assigned homework to identify positive traits inherited from parents, acknowledge their limitations, and replace negative patterns with healthier behaviors.

## **Embracing Self-Worth and Wealth**

Dana and Annie discussed Dana's struggle with feeling deserving of nice things and the associated guilt. Annie suggested that Dana start noticing moments of wealth where she feels relaxed and congruent, rather than trying to change her feelings around wealth. They explored how Dana could fully enjoy and appreciate the nice things she buys for herself, using the example of a fancy face cream. Annie also helped Dana realize that her desire to be in rapport with others, rather than with her higher self, may be holding her back from her full potential. They considered how Dana could connect with her mother in a more empowering way, perhaps by being more inclusive of herself than her mother is.

## **Body Appreciation Through Meditation**

Annie and Dana discussed the importance of cultivating shame and reverence for one's physical body to promote self-care and healing. Annie suggested a meditation exercise where Dana should sit with a sore under her eye, treating it with the same care and attention as a mother would give to a hurt child. The goal is to shift the perspective on physical pain from an inconvenience to a cherished part of the body that deserves attention and care. Annie emphasized that this practice can lead to a deeper appreciation of self and a more profound connection with one's body.

