

Dad and Mom Questions

DAD

1. What are the most positive and negative moments you have had with Dad?
2. Describe your overall relationship with Dad—both positive and negative.
3. Which characteristics of Dad do you embrace and which do you work to avoid?
4. How has your relationship with Dad affected you as a friend to others? a spouse? a leader? a parent (if you are one)?
5. What unfinished business (thoughts, words, actions) do you have with Dad?
6. What (if anything) can be done about this?
7. Write a letter to Dad. This could include appreciation, forgiving him or asking for forgiveness, etc. Sending the letter to him is optional but write the letter as if you plan to send it.

MOM

8. What are the most positive and negative moments you have had with Mom?
9. Describe your overall relationship with Mom—both positive and negative.
10. Which characteristics of Mom do you embrace and which do you work to avoid?
11. How has your relationship with Mom affected you as a friend to others? a spouse? a leader? a parent (if you are one)?
12. What unfinished business (thoughts, words, actions) do you have with Mom?
13. What (if anything) can be done about this?
14. Write a letter to Mom. This could include appreciation, forgiving her or asking for forgiveness, etc. Sending the letter to her is optional but write the letter as if you plan to send it.