

Exercise 1

Write the following questions in your diary and answer them:

In what ways did your father show you he truly cared for you?
In what ways did you feel secure with him?
In what ways did your father show that you could trust him?
On which occasions did you feel you were having a nice time with your father?

Write the following questions in your diary and answer them:

In what ways did your mother show she cared for you?
In what ways did you feel secure with her?
In what ways did your mother show that you could trust her?
On which occasions did you feel you were having a nice time with your mother?

Now, write down what you think are the reasons your parents didn't show you enough love and affection. Write down anything negative about them, even if you think it's not important.

As far as respecting my personal boundaries, my parents...
As far as showing me love, my parents...

In terms of my hygiene and health, my parents...
As far as showing signs of sincere attention, my parents...
As far as offering guiding principles for money, my parents...

Now, write a paragraph like the following that forgives your parents for everything.

«I forgive my mother for not giving me the attention I craved, especially when I needed it most. I forgive my mother for being so judgmental with me. Now I'm taking my life into my own hands and I will give myself the attention I didn't get from my parents. I promise that from now on, I'll take care of myself on a daily basis. My mother did what she thought was best, but now I'll do what I think is best for myself.»

Read aloud what you've just written. Know you can bring change, and that you can change your future.

I encourage you to do something today that will confirm this promise you've just made to yourself. It can be a walk on the beach, a bubble bath, or deciding to dedicate less time to your work and more time to your personal growth.