



Exploring Parents™

This exercise requires 30 minutes of preparation during the retreat and about 15 minutes for each person to share.

Members are to write a response to each of the following questions:

1. Describe your relationship with your mother as a child, as a teen and as an adult?
2. If your mother is alive, how old is she today and how is her health?
3. When is the last time you told her you loved her?
4. When is the last time she said it to you?
5. Describe your relationship with your father as a child, as a teen and as an adult?
6. If your father is alive, how old is he and how is his health?
7. When is the last time you told him that you love him?
8. When is the last time he said it to you?
9. Is there anyone else who was an important parent figure in your life? Who? Tell us about him/her?
10. What have you learned in your relationship with your parents that you will hope to replicate/avoid in your relationship with your children?
11. Do you think your marriage or significant relationship mirrors your parents? How?
12. Do you think that your life mirrors your parents? How?

Each member is to write a letter to each parent – here are some ideas:

- You or a parent dies tomorrow and have no opportunity to communicate with them.
- A parent is already passed away and you write a letter that he/she will read.
- You have a regret that you'd like to communicate.
- You just want to say, "I love you."