

# MAKE MY LIFE MORE WONDERFUL



## 1.3 *It's not your fault*

*Some people find this worksheet a bit confusing. They're just questions to ponder - don't worry if you don't have any answers yet! My main intention is for you to see that any dysfunctional behaviours you may have, were learned and that's not your fault! And, that they can be unlearned.*

Were there ways your parents communicated with you when you were a kid, that you didn't enjoy? The intention is not to *blame* our parents, but to notice that we may have learned "skills" that aren't serving us now. (eg yelling at you, shaming you, not taking you seriously)

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Are there ways that you do the same thing now, that you'd like to learn how to do differently?

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