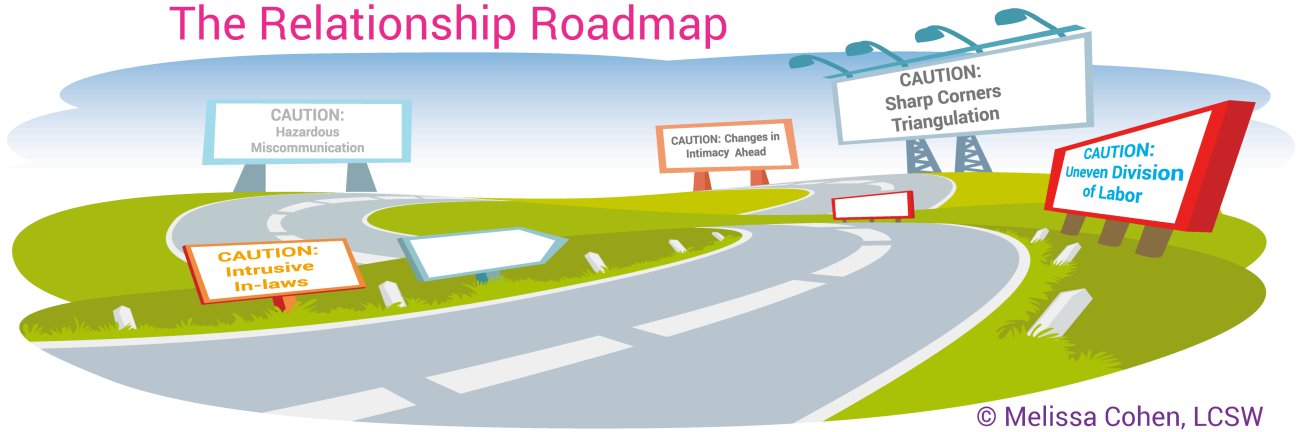


# The Relationship Roadmap



## Intergenerational Issues

Becoming a parent may trigger a variety of conflicting feelings about your relationships with your own parents. The purpose of this exercise is to help you understand that working through unresolved issues with your parents will have a direct impact on how you feel about yourself as a parent. Once you have completed this exercise for yourself, share your results with your partner to facilitate a conversation of how you would like the older generation to be involved with your new family.

1. In what ways are you like your mother:

- a) \_\_\_\_\_
- b) \_\_\_\_\_
- c) \_\_\_\_\_

1. In what ways are you different from your mother:

- a) \_\_\_\_\_
- b) \_\_\_\_\_
- c) \_\_\_\_\_

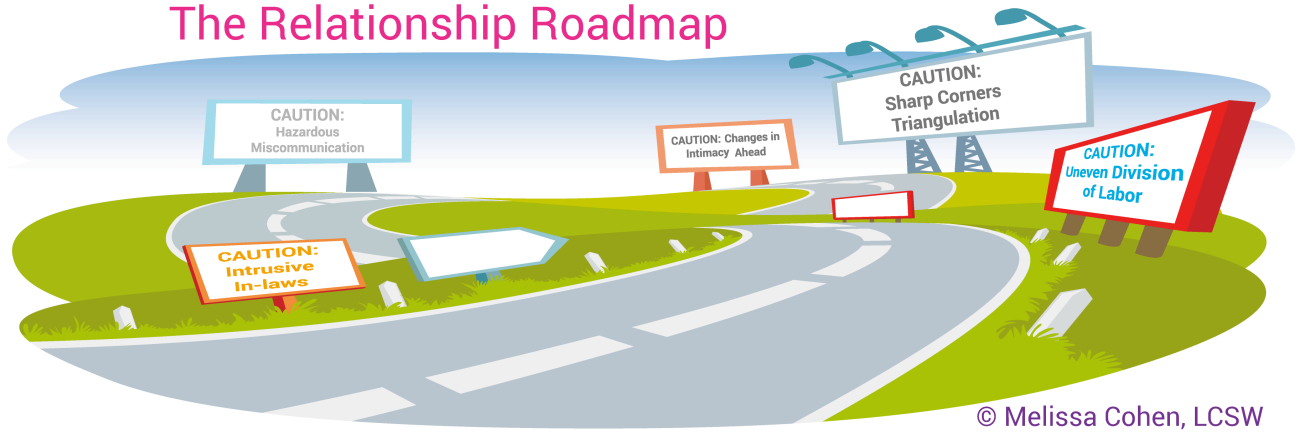
1. In what ways are you like your father:

- a) \_\_\_\_\_
- b) \_\_\_\_\_
- c) \_\_\_\_\_

1. In what ways are you different from your father:

- a) \_\_\_\_\_
- b) \_\_\_\_\_

# The Relationship Roadmap



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c) \_\_\_\_\_

1. In what specific ways would you like to repeat your mother's style of parenting?

a) \_\_\_\_\_

b) \_\_\_\_\_

c) \_\_\_\_\_

1. In what specific ways do you hope to differ from your mother's style of parenting?

a) \_\_\_\_\_

b) \_\_\_\_\_

c) \_\_\_\_\_

1. In what specific ways would you like to repeat your father's style of parenting?

a) \_\_\_\_\_

b) \_\_\_\_\_

c) \_\_\_\_\_

1. In what specific ways do you hope to differ from your father's style of parenting?

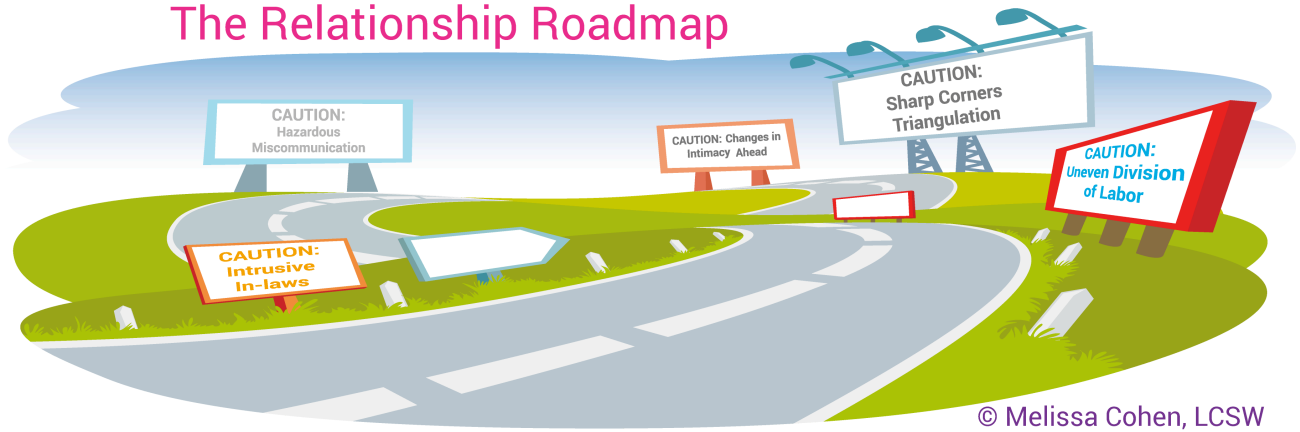
a) \_\_\_\_\_

b) \_\_\_\_\_

c) \_\_\_\_\_

When completing the following statements, try to recall how you felt as a child:

# The Relationship Roadmap



1. One of the things my mother was always best at was \_\_\_\_\_

This made me feel \_\_\_\_\_

2. When I was sad, my mother would \_\_\_\_\_

This made me feel \_\_\_\_\_

3. It was easy/hard to talk to my mother because \_\_\_\_\_

This made me feel \_\_\_\_\_

4. One of the ways my mother made me feel important was \_\_\_\_\_

This made me feel \_\_\_\_\_

5. My favorite thing to do with my mother was \_\_\_\_\_

This made me feel \_\_\_\_\_

6. I knew I could please my mother if I \_\_\_\_\_

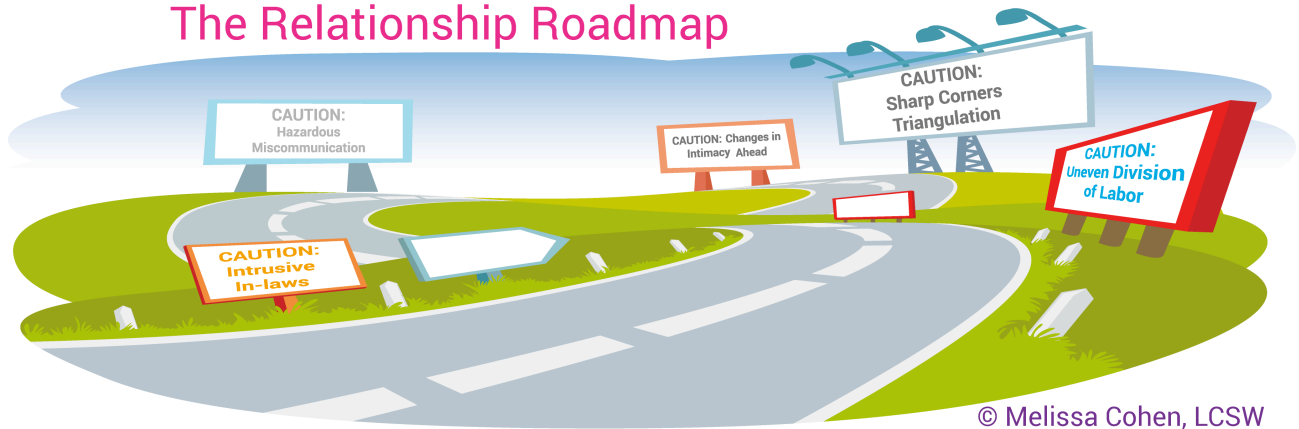
\_\_\_\_\_

This made me feel \_\_\_\_\_

7. When I was scared my mother would \_\_\_\_\_

This made me feel \_\_\_\_\_

## The Relationship Roadmap



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8. It made me so angry that my mother would always/never \_\_\_\_\_

\_\_\_\_\_

This made me feel \_\_\_\_\_

9. I will never forget my mother telling me \_\_\_\_\_

\_\_\_\_\_

This made me feel \_\_\_\_\_

10. If I could have said something to my mother as a child that could have changed things, I would have told her \_\_\_\_\_

\_\_\_\_\_

This made me feel \_\_\_\_\_

When completing the following statements, try to recall how you felt as a child:

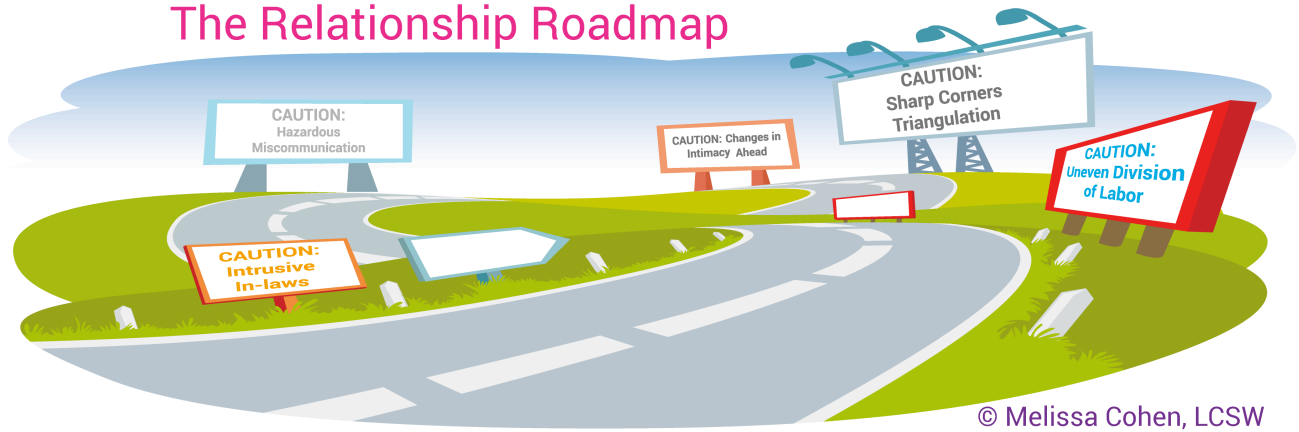
1. One of the things my father was always best at was \_\_\_\_\_

this made me feel \_\_\_\_\_

2. When I was sad, my father would

\_\_\_\_\_

# The Relationship Roadmap



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This made me feel \_\_\_\_\_

3. It was easy/hard to talk to my father because \_\_\_\_\_

This made me feel \_\_\_\_\_

4. One of the ways my father made me feel important was \_\_\_\_\_

This made me feel \_\_\_\_\_

5. My favorite thing to do with my father was \_\_\_\_\_

This made me feel \_\_\_\_\_

6. I knew I could please my father if I \_\_\_\_\_

\_\_\_\_\_

This made me  
feel \_\_\_\_\_

7. When I was scared my father would \_\_\_\_\_

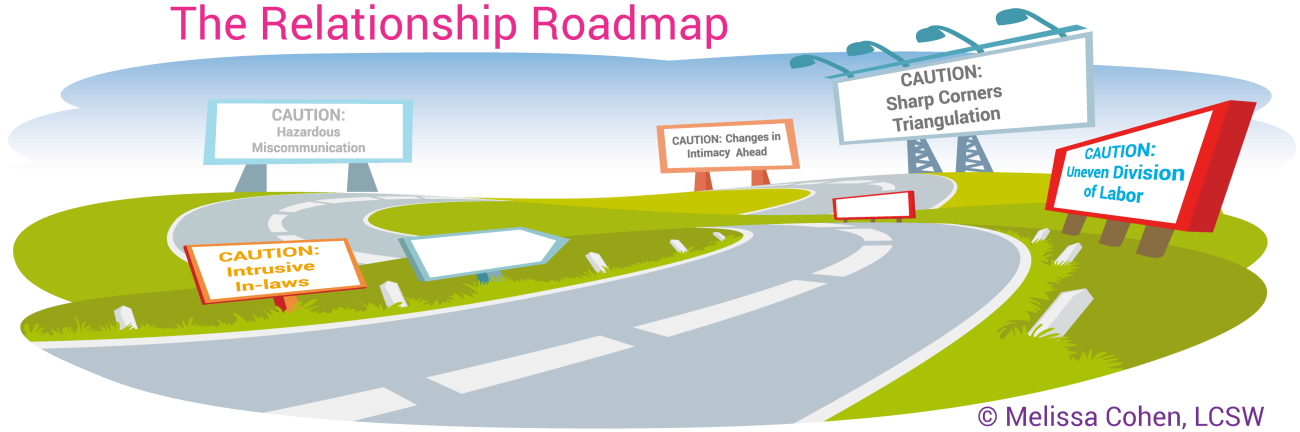
This made me feel \_\_\_\_\_

8. It made me so angry that my father would always/never \_\_\_\_\_

\_\_\_\_\_

This made me feel \_\_\_\_\_

## The Relationship Roadmap



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9. I will never forget my father telling me \_\_\_\_\_

\_\_\_\_\_

This made me feel \_\_\_\_\_

10. If I could have said something to my father as a child that could have changed things, I would have told him \_\_\_\_\_

\_\_\_\_\_

This would make me  
feel \_\_\_\_\_