

Step 2: Came to believe that a power...

Instructions: list top 10 **positive** things you wish your parents had **done for you** while you were growing up, e.g., been present, shown love, etc.

Characteristics of Mother figure

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____

Characteristics of Father Figure

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____