FREE FAMILY AND RELATIONSHIPS WORKSHEET

From survival mode *to soul care*

Breaking generational patterns. Our families passed down so much: strength, faith, food, humour, resilience. Some also passed down survival mode, silence about pain, or ways of coping that made sense then but hurt us now. You can honour where you come from and still choose what you carry forward.

Signs of survival mode

Always on alert · Can't rest without guilt · Hustling to feel safe · Not talking about feelings · Expecting the worst · Keeping family business private at any cost · Money anxiety · Doing it all alone

PATTERN I INHERITED	WHERE IT CAME FROM, AND HOW IT HELPED THEM	KEEP · CHANGE · RELEASE

Gifts from my family I want to keep

A pattern that stops with me

In crisis? Call or text 9-8-8, any time.

BREAKING GENERATIONAL PATTERNS

Choosing something new

Breaking a pattern can bring up guilt, grief or pushback. Go slowly, and be kind to yourself and your family as you change.

1 Get curious, not critical

Ask “What happened to them?” instead of “What’s wrong with them?” Understanding is not the same as excusing.

2 Notice it in the moment

Patterns show up when you’re stressed. Catch it: “This is the old way.”

3 Practise the new way small

Rest for 20 minutes. Share one feeling. Say no once. Small steps rewire old habits.

4 Expect the pushback

When you change, the system notices. Hold your ground with kindness.

What survival mode protected me from

What I want instead

One new practice this month

Who is walking this road with me

A note to the generation after me

You don’t have to do this alone.

Soul Care offers virtual therapy across Canada, including affordable options. Faith is always welcome in session, and never required.

Find your therapist