

# Understanding the Messages You Received As A Child

Some of the messages you received from adults in your childhood were directly stated, but many more were implied. The explicit and implicit messages you received from your parents, from your family members, from your teachers and coaches as well as other important adults, undoubtedly played a significant role in shaping your self-image. These messages also played an important role in the choices you have made throughout your life.

Use this worksheet to think about both the explicit and the implicit messages from your childhood and how they affect your current thoughts, feelings, behaviors, and relationships.

Name three rules that were particularly important in your home. How do you think these affected you?

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What messages did you receive about your body, both explicit and implicit? How do you think these affected you?

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What messages did you receive about your career choice? How do you think these affected you?

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What messages did you receive about intimate relationships? How do you think these affected you?

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What messages did you receive about the importance of friendships? How do you think these affected you?

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What messages did you receive about sex? How do you think these affected you?

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What messages did you receive about your personal values? How do you think these affected you?

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What messages did you receive about money? How do you think these affected you?

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What messages did you receive about what you could or could not do? How do you think these affected you?

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Describe an incident from your childhood that you think sent you the “wrong” message.

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Describe an incident from your childhood that you think sent you the “right” message.

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If you could go back into the past and talk to yourself as a child, what is the most important things you would say? In other words, what are the messages you wish you heard as a child?

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