

Stepping Into You

Circle the most positive qualities of your mother and father, then circle the most negative qualities of your mother and father. Use the space below to fill in others you may think of.

MOM POSITIVE QUALITIES

Nurturing
Steady
Peaceful
Listening
Teaching
Planner
Spiritual

MOM NEGATIVE QUALITIES

Self-absorbed
Cold
Distant
Insecure
Petty
Critical

DAD POSITIVE QUALITIES

Energetic
Calm
Encouraging
Supportive
Committed
Consistent
Honest

DAD NEGATIVE QUALITIES

Controlling
Insensitive
Disconnected
Cruel
Impatient
Ignoring

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Best Emotional
Place To Grow Up

10

Worst Emotional
Place To Grow Up