



Healing Unresolved Parental Wounds: A Reflective Workbook

Dr. John's
SYSTEMS & SOLUTIONS

Dedication to all my clients and members

These workbooks are dedicated to every soul who has suffered in silence, struggled in darkness, and longed for healing. May these workbooks, my courses, classes and sessions become your light, your mirror, and your roadmap back to your truth.

To the child within you—wounded, unseen, and unheard—this is your call to come home.

To the survivor—you are not broken. You are sacred. You are becoming.

And to those who choose the path of healing: may you rise with dignity, speak with power, love without fear, and walk in wholeness.

— With reverence,

Dr. John Souglides Ph.D.

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Introduction:

This workbook is designed to help you reflect on unresolved parental issues, understand their impact, and begin the journey toward healing. Use the exercises and journaling prompts to explore your inner world with honesty and compassion.

Section 1: Awareness of Unresolved Parental Issues

Unresolved parental wounds can quietly shape our beliefs, behaviors, and relationships. The first step toward healing is recognizing their presence.

Exercise 1: Reflection

Consider the following questions:

1. What feelings arise when I think about my relationship with my parents?
2. In what ways do I see their influence in my current relationships?
3. What moments from childhood still feel emotionally charged for me?

Journaling Space:

Section 2: The Cost of Not Healing

Unhealed parental wounds can manifest as patterns of self-doubt, difficulty in relationships, or passing pain onto the next generation. Acknowledging the cost is key to transformation.

Exercise 2: Self-Observation

Reflect on these prompts:

1. What behaviors or patterns in my life might be linked to unresolved parental issues?
2. How have these patterns affected my relationships, career, or self-worth?
3. What have I lost—or risk losing—by not addressing these wounds?

Journaling Space:

Section 3: Choosing Healing and Growth

Healing is not about blame—it is about freedom. By facing and working through unresolved parental issues, we open the door to healthier relationships and a more authentic self.

Exercise 3: Rewriting the Narrative

Use the space below to explore:

1. What would healing look like for me?
2. How can I show compassion to the parts of myself still carrying pain?
3. What boundaries or practices can I commit to for my growth?

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Remember: The journey of healing parental wounds is not about erasing the past, but about reclaiming your power in the present. You are not defined by what hurt you—you are defined by the courage to heal.

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Dr John Souglides, Ph.D.

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