Day 5

HOW DID YOUR CHILDHOOD AND YOUR UPBRINGING SHAPE AND INFLUENCE YOUR CURRENT LEVEL OF SELF-CONFIDENCE?

How our parents view the world and what they believe often influences us strongly. We learned a lot from them while growing up, and they helped shape who we are. Looking back on our upbringing can help us realize that we, as adults, now have the power to shape and change the way we think, the way we look at the world, and the way we look at ourselves. While we can continue to strengthen the good things parents instilled in us when we were little, we can also unlearn the things that are no longer relevant or essential to our personal growth and happiness.

What impact did the environment you grew up in have on your self-esteem and self-confidence? Were you encouraged to expand your courage and try new things? Were you motivated to build your determination and willpower?

Mother Daughter Therapy Workbook

Robert R. Redfield

Mother Daughter Therapy Workbook:

Uncover the mysteries within Crafted by is enigmatic creation, Discover the Intrigue in **Mother Daughter Therapy Workbook**. This downloadable ebook, shrouded in suspense, is available in a PDF format (PDF Size: *). Dive into a world of uncertainty and anticipation. Download now to unravel the secrets hidden within the pages.

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