

Healing from Parentification Reflection

1. What is one way I had to “be the adult” as a child?

Write about a specific task, role, or emotional burden you took on. Examples: caring for siblings, managing a parent’s mood, or doing household chores beyond your years.

2. How do I still carry this role or belief into my adult life?

Does it show up as people-pleasing, guilt when resting, avoiding help, or needing to “fix” others? How does it affect your relationships, work, or sense of self-worth?

3. What would I have needed as a child—but didn’t get?

A safe adult? Encouragement? Permission to rest or play? Naming what was missing helps you begin offering it to yourself now.

4. What is one small thing I can do today to care for the child I used to be?

This could be:

- … Saying “no” without guilt
- … Doing something playful
- … Setting a boundary
- … Letting yourself rest without “earning” it