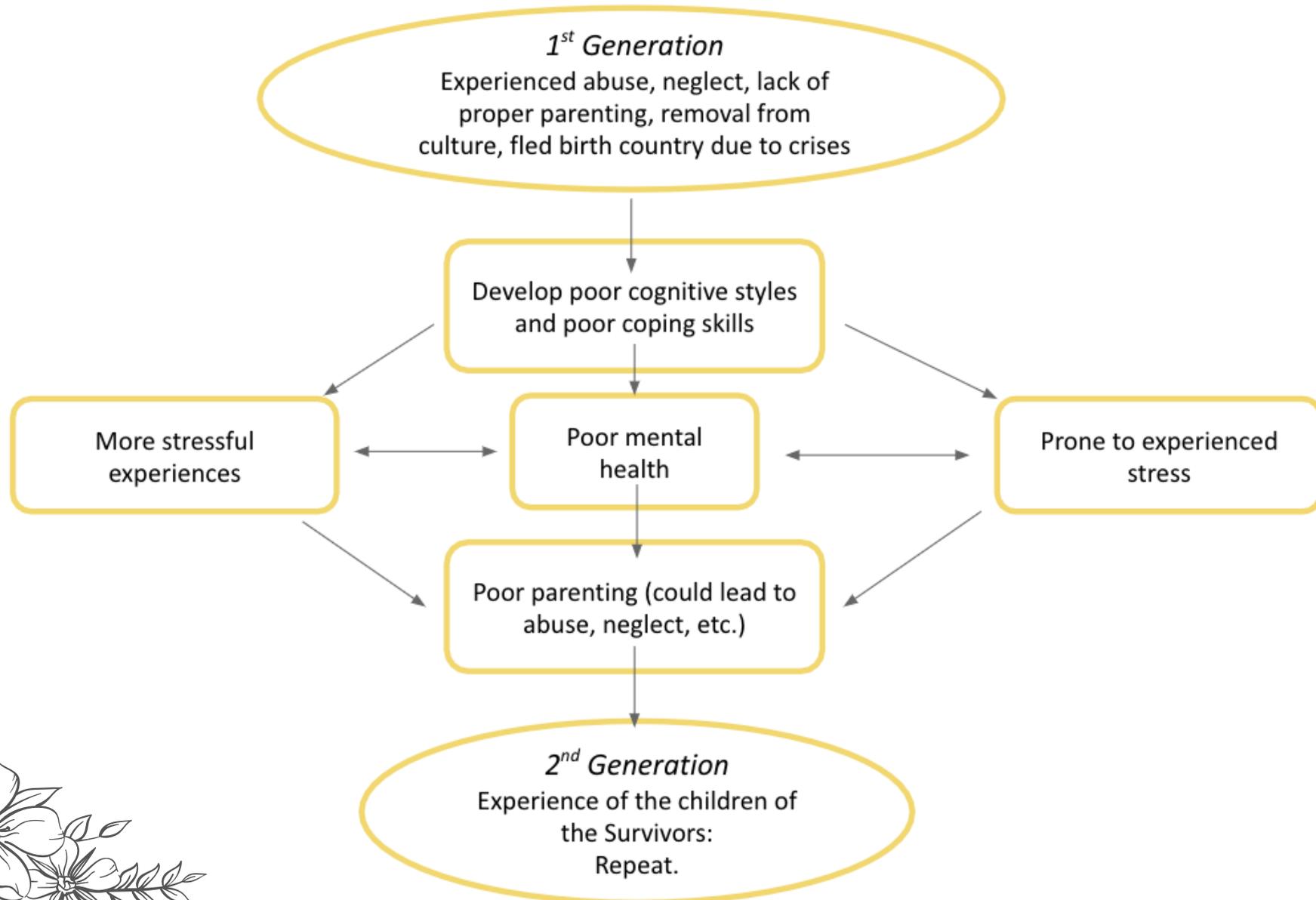
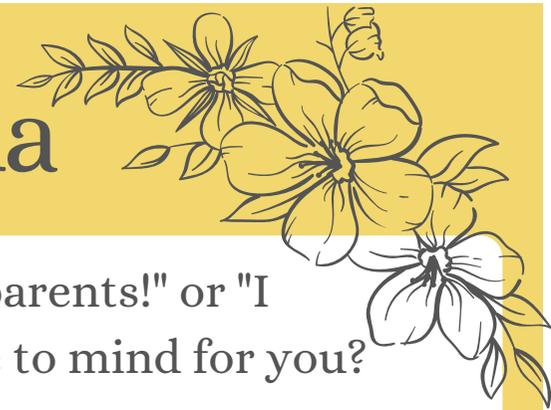


Intergenerational Trauma



Intergenerational Trauma



Have you ever thought to yourself "I never want to be like my parents!" or "I definitely won't do that when I have kids!"? What experiences come to mind for you?

As you continue to think about this, can you recall any stories your parents told you about their childhood that seem to relate? What were those stories?

If you can relate to the intergenerational trauma chart, how can you work to intentionally disrupt this cycle when you are a parent?



Intergenerational Trauma



How can your partner support you in disrupting these cycles in the future?

What can you do NOW to prepare to disrupt this cycle? What can you practice?

Discussion Notes

