



Dad/Life Relationship Worksheet

“A child’s success in the world mirrors their inner image of the father. When that image is honored, the child can step forward with confidence.”

🕒 1. Foundations: Father and “Place in Life”

In Family Constellations, the father often symbolizes:

- Your orientation toward the external world (career, society, authority)
- Your ability to take your **place** and **move forward** in life
- Structure, direction, discipline, and action

These questions invite awareness of how you internalized your father’s presence, absence, or energy:

1. When you think of your father (or father figure), what 3 words immediately arise?
2. How present or absent did he feel during your childhood?
(Physically, emotionally, energetically)
3. Did you feel recognized and seen by him? In what ways?

4. How did he model taking his place in the world (work, community, leadership)?
5. How comfortable are you feeling “visible” or “taking up space” in your career or community?
6. When you imagine stepping fully into your life’s place, what sensations arise—confidence, guilt, fear, excitement?

2. Father and “Creating in the 3D World”

In Constellations, the father also mirrors how we bring ideas into form—business, money, building, success. Explore:

1. How did your father (or male caregiver) relate to work, money, and practical matters?
2. As a child, what did you learn about achievement, ambition, or perseverance from him?
3. Did you receive explicit encouragement from him to build, create, or pursue goals?
4. How do you experience discipline and structure now—do you resist it, rely on it, or crave it?
5. Do you feel you have permission to be successful and visible?
From whom?
6. When you think about “making things real” (projects, income, art, business), what inner voices or feelings show up?

3. Inner Alignment Check

These help you see the link between your inner image of father and your outer reality:

1. On a scale of 1–10, how aligned do you feel with your father's energy of action, direction, and worldly creation?
2. Do you ever feel guilt, fear, or loyalty binds (e.g., "If I succeed, I'll leave him behind")?
3. How do you handle authority figures or structures—rebellion, compliance, healthy assertion?
4. When you experience setbacks in work or finances, do they echo early experiences with your father?

4. Integration & Reclaiming Your Place

These final prompts open a path to shift the pattern:

1. What strengths did you inherit from your father that support your creativity and action?
2. What limitations or wounds might you still be carrying that restrict your movement?
3. If you could offer a healing sentence (a core practice in Family Constellations) to your father, what would it be?
4. Imagine standing behind your father in a constellation, receiving his life force. What changes in your body or imagination?

5. What is one small, concrete action you could take this week to affirm your rightful place and capacity to create?

How to Use This Questionnaire

- **Self-reflection:** Journal your answers and notice patterns between how you felt about your father and how you approach work, money, and visibility.
- **Facilitated session:** Read each question aloud, pause, and let the person sense into their body before answering.
- **Integration:** After finishing, write down one or two “healing sentences” (e.g., “Dear Dad, you gave me life. I take it fully and I take my place in the world.”)

Healing Sentences (Ancestral Healing Practice)

These are often spoken silently or aloud while visualizing the father behind you:

- *“Dear Father, you gave me life through Mother. I take it all from you, just as it is.”*
- *“Dear Father, I acknowledge you as my father and I as your child. You are big, and I am small. You gave, I received.”*
- *“Dear Father, I thank you for the direction and the strength you offered. With this, I take my rightful place in the world.”*
- *“What you could not give, I release back to you. What you did give, I accept with gratitude and use it to build my life.”*

- *“Through you I am connected to the world of men, work, and action. I step forward now in my own way.”*