

Name: _____

Date: _____

Cycle Breaking

As we grew up, we might have consistently seen or dealt with something we did not necessarily like or that may have even hurt us emotionally or physically. We may not have been able to do anything about it. We may have wished we *could* change it at the time. Now that we are adults, we have the power to break the cycle.

We will walk through the steps to breaking a cycle in this exercise with guided questions.

Think of something that your family or friends would consistently do while growing up that has a negative effect on you today. This may be a behavior, action, or failure to act. Write it out in the box below.

With what you named above, think of the negative effect(s) the behavior/action/failure to act has on you now. Write it out in the box below.

With the behavior/action/failure to act you listed, think of what you wish your family or friends would have done instead. Write it out in the box below.

How will **you** break the cycle? Write it out in the box below.

Please note: This worksheet is **not** a substitute for clinical therapy. This worksheet is intended to help with the therapy process and help you reflect on your experiences.

If you have thoughts of wanting to hurt yourself or end your life, please contact **988** in the United States, and if you have thoughts of wanting to hurt others, please call **911** in the United States to obtain help.