



Divine Parent Support

Giving your Self the below is YOU showing up as the Divine Parent (Mother/Father) for all parts of you.

Many of us didn't see or receive all of the below growing up, and now it's time for us to learn.

Take time to reflect & write on each of the following areas with compassion and curiosity.

Then pick one to focus on. Baby steps.

If you'd like more support please email tanya@tanyapenny.com. 😊

Physically: Feel safe and secure with yourself. Stand up for and protect yourself with others when necessary. Have adequate & consistent food, clothes, shelter, medical care. Adequate sleep/rest, movement. Receive the affection/touch from others you desire.

- As a child, did you see/hear your mom show up for herself in this area?
- As a child, did you see/hear your dad show up for himself in this area?
- Did your mom show up for you in this area?
- Did your dad show up for you in this area?
- How do you believe this has affected you showing up for yourself as an adult?
- Do you currently show up for yourself in this area? How?
- How will you show up more for yourself in this area moving forward?



Emotionally: Treat your emotions as important/valid. Show up for yourself emotionally (acknowledge, accept, understand, release). Fully express your emotions with others. Have relationships with people who acknowledge, accept, and care how you feel.

- As a child, did you see/hear your mom express her emotions? Which ones? Which ones did your mom stuff? How?
- As a child, did you see/hear your dad express his emotions? Which ones? Which ones did your dad stuff? How?
- Did your mom show up for you in this area?
- Did your dad show up for you in this area?
- How do you believe this has affected you showing up for yourself as an adult?
- Do you currently show up for yourself in this area? How?
- How will you show up more for yourself in this area moving forward?

Mentally: Provide yourself with opportunities and activities to grow, learn, try new/explore, create, and play. Have a like-minded, supportive community/friends you can grow/explore/play with.

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- Did your dad show up for you in this area?
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- How will you show up more for yourself in this area moving forward?



Spiritually: Believe in, trust, ask for/receive support from Something Bigger. Is your SB punishing or loving/compassionate, black/white or accepting/non-judgmental. Forced to follow what your family believed or safe to explore your own spiritual path.

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- Did your mom show up for you in this area?
- Did your dad show up for you in this area?
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Financially: Meet your material needs. Able to provide for self and/or receive from others. Manage/grow your money in a way that feels safe/secure/honoring for you. Spend consciously. Have healthy money boundaries – don't over-give to yourself or other's at the expense of yourself.

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- How do you believe this has affected you showing up for your Self as an adult?
- Do you currently show up for yourself in this area? How?
- How will you show up more for yourself in this area moving forward?