

Scars From My Childhood – Handout -2
An Objective Look At My Parents
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Most soul scars are developed in a childhood that was toxic. Identify which soul scars you have and who was responsible for it. Check the box to the left of the emotion if you experienced it as a negative emotion in your childhood.

Emotions:

Person Who Behaved This Way:

1. Abandoned

2. Addictive Behaviors

3. Anger, Explosions

4. Blamed

5. Bullied

6. Competitiveness

7. Controlling

8. Criticized

9. Cruel

10. Disappointed

11. Emotional Blackmail

12. Guilted Me

13. Held Grudges

14. Helpless Parent

15. I was non-existent

16. Ignored

17. Insulted Me

18. Judgmental/Critical

19. Liars

20. Manipulating

- 21. ___ Mental Abuse

- 22. ___ Moved A lot

- 23. ___ My Fault

- 24. ___ Negative

- 25. ___ Oppressed

- 26. ___ Parentification

- 27. ___ Passive/Aggressive

- 28. ___ Physical Abuse

- 29. ___ Punished

- 30. ___ Religious Abuse

- 31. ___ Sarcastic

- 32. ___ Severe Punishment

- 33. ___ Sexual Abuse

- 34. ___ Shamed Me

- 35. ___ Showed Favoritism

- 36. ___ Snooped

- 37. ___ Stuffed It Down

- 38. ___ Substance Abuse

- 39. ___ Temper Tantrums

- 40. ___ Threatened

- 41. ___ Triangulation

- 42. ___ Unhappy

- 43. ___ Verbal Abuse

- 44. ___ Vindictive

- 45. ___ Violence
