

Journal Prompt: Parental Archetypes

“Pain is inevitable. Suffering is optional. Say you’re running and you think, ‘Man, this hurts, I can’t take it anymore.’ The ‘hurt’ part is an unavoidable reality, but whether or not you can stand anymore is up to the runner himself.” Haruki Murakami

Take a moment to reflect on the questions below and write your answers in your journal.

- What is my story around pain versus suffering?
- What is my personal experience with hearing a Call to become a childbirth educator and doula? Did I refuse it? Why? How did I know to answer it now?
- What is my own experience with “leaving home”? What does that mean for me?
- What do I notice about the Parental Archetypes within myself, (regardless of my gender and/or parental status)? How can I recognize within myself when I am coming from an “adult archetype” vs a “child archetype”?
- How might thinking about the people I work with through the lens of the “parent archetype” vs “patient archetype” change our interactions and/or what I offer them?