When the Roles Reverse

Caring for the Parents Who Once Cared for Us

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DAY 1: Noticing the Transition

Have you experienced a moment when you realized the roles in your family were beginning to shift?

- When did you first notice this transition taking place
- What emotions surfaced when you realized things were changing
- How did that moment reshape how you see your role within your family

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DAY 2: Seeing Them as People

As the roles in families evolve, we often begin seeing our parents or mentors in a different light.

- What stories or experiences from their life have you learned more about recently
- What challenges might they have faced that you didn't fully understand before
- How does seeing them as a person, not just a parent, change your perspective

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DAY 3: The Wisdom We Carry Forward

The lessons we received from those who raised or guided us often appear later in our own lives.

- What habits, values, or advice from your parents still influence the way you live today
- Are there phrases, beliefs, or behaviors you now find yourself repeating
- Which of these lessons are you most grateful to carry forward

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DAY 4: The Power of Connection

Research shows that community and connection play a powerful role in well-being at every stage of life.

- Who in your life could benefit from deeper connection right now
- What small actions could help strengthen relationships within your family or community
- How can you encourage engagement and belonging for yourself and others

DAY 5: Honoring the Season You're In

Life moves through seasons, and each stage carries its own responsibilities and opportunities.

- What role are you being called to step into right now
- What would it look like to approach this season with patience and compassion
- How might this transition deepen the relationships that matter most to you

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REFLECTION

What has this week of reflection revealed to you about the changing roles and relationships in your life?

- What moments or memories stood out most as you explored these prompts
- Did you notice any shifts in how you see your parents, mentors, or family members
- What emotions surfaced as you reflected on these transitions