

# Why Everything in Your Life Leads Back to Your Parents

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And How to Finally Heal  
What's Been Running  
You Unconsciously



# Introduction

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Let me guess.

You're not someone who hasn't tried.

You've read books. Maybe you've been to therapy. You journal, you meditate, you've done the affirmations. You've had conversations with yourself at 2am that would make a therapist proud.

And still.

You end up in the same kind of relationship, just with a different face.

You get close to a breakthrough at work... and then somehow you don't follow through.

You feel fine for a while, and then something small happens — someone's tone of voice, a moment of being ignored — and you're suddenly somewhere else entirely. Somewhere younger.

And you think: What is wrong with me?

Nothing is wrong with you.

But you are looking in the wrong place.

Because the thing that keeps repeating in your life isn't a habit.

It isn't a mindset problem.

It isn't laziness or fear or "not being ready."

It has a root.

# The Root of Everything

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Think about the last time you felt really stuck.

Maybe it was a relationship where you kept giving everything and getting very little back — and you knew it wasn't right, but you couldn't leave.

Maybe it was money. You earn it, and somehow it disappears. Or you get close to a financial goal and something always comes up. Always.

Maybe it's that you work incredibly hard but never quite feel like you've made it. Like there's a ceiling you can feel but can't see.

These things feel unrelated. They feel like separate problems.

But they're not.

They are symptoms.

And what most self-help misses — what most therapy doesn't get deep enough to touch — is this:

The patterns in your life have a system behind them.

A family system.

And in that system, one relationship shapes more than any other.

The relationship with your mother.

# What You've Always Wanted

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At your core, you're not complicated.

You want to feel loved without having to earn it first.

You want to walk into a room and not feel like you have to prove yourself.

You want a relationship where you're not waiting for the other person to pull away.

You want to try something and not have that inner voice immediately say "who do you think you are?"

You want to feel like life is with you. Not against you.

These aren't big asks. They're not greedy.

They are the most human things there are.

So why do they feel so hard?

# The Mother: Where Life Begins

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Here's something nobody tells you.

Your relationship with your mother isn't just emotional history.

It's biological blueprint.

She is the one through whom life came to you. Through her body. Through her nervous system. Through her presence — or her absence.

And whether that relationship was warm and close, or distant and painful, or somewhere complicated in the middle — your entire system learned what receiving feels like through her.

Receiving love.

Receiving help.

Receiving good things.

Receiving life itself.

Think about the last time someone tried to do something nice for you.

Did you let them? Fully?

Or did you deflect, minimise, say "oh you didn't have to" and change the subject?

Think about compliments. Can you just... take one?

Or does something in you need to immediately give one back, downplay it, earn it somehow?

That's not a personality quirk.

That is a block in receiving.

And very often — not always, but very often — it leads back to what your body learned early on about whether it was safe to reach out and be met.

# The Hidden Break

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You were a baby once.

And as a baby, you had one job: reach toward.

Reach toward warmth. Reach toward food. Reach toward eyes that looked back at you.

It was instinct. It was survival. It was love in its most primal form.

But something happened. For most of us, something always happens.

Maybe your mother was exhausted — a single parent, working two jobs, carrying her own wounds she'd never had help with.

Maybe she was emotionally unavailable. She was there but not really there. You could feel the gap even as a child, even if you couldn't name it.

Maybe she was ill. Or depressed. Or she left, physically or emotionally.

Maybe she was overwhelmed by you — by your need, your loudness, your sensitivity — and you learned to make yourself smaller.

You didn't understand any of this at the time.

You were two years old. Three. Five.

All you knew was: I reached. And something didn't come back.

# The Decision You Didn't Know You Made

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In that moment, your little nervous system did what nervous systems do.

It adapted.

And somewhere inside you — not in your mind, not in words — a decision was made.

Maybe it sounded like: I'll just do it myself.

Maybe it was: Needing people gets you hurt.

Maybe: I won't let anyone that close again.

Maybe: If I'm good enough, helpful enough, small enough... maybe then it'll be okay.

You didn't choose this consciously. You were a child. You were surviving.

But here's the thing about decisions made in the body:

They don't expire.

That child is still in you. And that decision — made in a fraction of a second, decades ago — is still running.

It's the reason you can fall in love and then suddenly feel suffocated.

It's the reason you attract people who need you but never quite show up for you.

It's the reason you can work so hard and still feel like you're swimming upstream.

The movement toward life got interrupted.

And it's still waiting to complete.

# Why You Self-Sabotage

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Let's be honest about something.

You've probably watched yourself do it.

You get close to something good — a relationship that actually feels healthy, a business opportunity, a moment of real happiness — and then something happens.

You pick a fight for no real reason.

You go quiet when you should speak up.

You suddenly get very busy and stop following through.

You find the flaw in the person who's treating you well.

You talk yourself out of the thing you've been saying you want for years.

And then you sit with the aftermath feeling like there must be something fundamentally broken about you.

There isn't.

What's happening is much more specific than that.

Part of you wants to move forward. Part of you is genuinely excited.

But another part — the part that was formed long before you could reason or reflect — says: Last time we moved toward something, it didn't work out. Better stop here. Better make it smaller. Better not need this too much.

And so you freeze. Right on the edge of the good thing.

Not because you're self-destructive.

Because you're still protecting that child who got hurt when they reached.

# The Father: How You Move Into Life

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If the mother is the ground beneath your feet...

The father is the hand at your back.

Through the father — through what he was, or wasn't — we learn how to move into the world.

Do I have the right to take up space?

Can I trust my own direction?

Is it safe to be ambitious, to be visible, to go after things?

When that relationship is whole — or when we've found a way to make peace with it — something in us stands up straighter. We start things and finish them. We handle uncertainty without collapsing.

But when it isn't...

Maybe you're someone who has incredible ideas but can never quite get them off the ground.

Maybe you've started the business, the project, the creative work — four times — and each time it fades out at exactly the same point.

Maybe you have a deep fear of being seen. Of being too much. Of going too far and then falling.

Maybe you're always waiting for someone else to give you permission.

That's not a discipline problem.

That's a foundation problem.

And foundations can be repaired.

# What Happens When You Reject a Parent

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This is the part people resist the most.

And I understand why.

Maybe your mother was cold, or cruel, or absent in a way that left real damage.

Maybe your father was violent, or checked out, or never told you once that he was proud of you.

The idea that you need to "accept" them can feel like a betrayal of yourself. Like being asked to say it was fine when it wasn't.

That's not what this is.

But here's the uncomfortable truth that family constellation work keeps showing us:

When you reject your mother, you cut off your ability to receive.

When you reject your father, you cut off your ability to move forward.

And the deeper layer, the one that really lands when you sit with it:

When you reject a parent... you are rejecting a part of yourself.

Because you are made from both of them. Their blood runs in you. Their patterns live in your nervous system.

You can love yourself and still carry wounds from them.

But you cannot fully become yourself while you're at war with where you came from.

# The Laws You Didn't Know Existed

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Every family system runs according to certain principles.

Not rules anyone invented. More like laws of gravity. They operate whether you know about them or not.

The first law: Everyone belongs.

When someone in a family system is excluded — a sibling who died young and was never spoken of, a parent who was written off as "the bad one," a relative who was cut off after a falling out — someone later in the system tends to carry their energy.

You might find yourself inexplicably drawn to people who suffer the way that excluded person suffered. Or you unconsciously repeat their fate. Or you carry grief that doesn't quite feel like yours.

The second law: There is an order.

Parents are the big ones. Children are the small ones. This sounds obvious.

But how many of us became, at some point, the emotional caretaker of our parents? The one who made mum feel better? The one who managed dad's moods? The one who held the family together at nine years old?

When children become responsible for their parents, something gets inverted. And we spend decades wondering why we feel so tired, so responsible for everyone, so unable to just receive without immediately giving back.

The third law: Life is given, not earned.

Your parents gave you life. They don't need you to repay it, to suffer for it, to make it worth what it cost them. The way you repay it is by living it. Fully. Joyfully. Even beyond what they achieved.

When this is out of place — when we unconsciously feel we must stay small to stay loyal — success feels dangerous. Happiness feels like a betrayal.

# What Healing Actually Means

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Here's what healing is not:

It's not pretending your childhood was fine when it wasn't.

It's not making your parents into saints.

It's not calling them up and having a conversation that finally fixes everything.

It's not even fully forgiving them — not yet, maybe not ever in the way people usually mean that word.

Healing, in this work, is something much more specific.

It's being able to look at your parents — really look at them — and see two human beings who were doing what they could with what they had, inside a system that shaped them the same way it shaped you.

It's finding the place inside you that can say: You gave me life. And I take it.

Not because they were perfect.

Not because it didn't hurt.

But because that life is yours now.

And staying in resistance to where it came from only keeps you from living it.

# A Simple Exercise

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I want to invite you to try something.

Not as a commitment. Just as a small experiment with yourself.

Sit somewhere quiet. Take a breath or two.

Bring your mother to mind. Not an idea of her — her. Whatever image comes, whatever feeling comes. Don't edit it.

Maybe it's warmth.

Maybe it's a tightness in your chest.

Maybe it's grief.

Maybe it's anger.

Maybe it's nothing much — and that blankness is its own kind of information.

Let whatever is there, be there.

And then — gently, inside yourself, not out loud — try saying this:

"I take the life you gave me."

Not "I forgive you."

Not "everything was fine."

Just that. Just: I take it.

Notice what happens in your body.

Does something soften? Does something resist? Do you feel a pull to cry and you're not sure why?

All of that is real. All of it matters.

# A Second Step

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Now bring your father to mind.

Again — whatever comes. Don't perform anything. Don't push toward feelings that aren't there.

If there's pain, let it be there.

If there's distance, let that be there too.

And if you can — even just a little, even if it feels strange — say inside:

"You are my father. I take what came through you."

Maybe a part of you rebels at this.

Good. Notice that.

The rebellion is information. It's showing you where something is still frozen.

Even the tiniest shift — even just a breath that goes slightly deeper — is not nothing.

It's a beginning.

# What Changes From Here

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I won't promise you that one exercise changes everything.

It doesn't work like that.

But here's what I've seen, again and again, in people who do this work:

When you stop being at war with your origin, something in your nervous system settles.

Decisions that felt impossible start to get clearer.

Relationships that were full of noise start to quiet down — because you're not carrying as much invisible weight into them.

The ceiling you could feel but couldn't see starts to lift.

Not because you're trying harder.

Not because you've finally got the right strategy.

But because something that was blocked inside you is starting to move again.

The energy that was being used to hold the resistance in place...

becomes available for your life.

# Closing

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If you've recognised yourself anywhere in these pages — in the patterns, in the examples, in the moments that made you pause and think wait, that's me —

you're not broken.

You're not uniquely damaged.

You are a human being carrying what most human beings carry: an unfinished story that started before you were old enough to know there was a story being written.

And unfinished stories can be completed.

But not by understanding them alone.

The mind can read every word of this and nod along.

And still the body holds on.

What actually moves this is experience. Is feeling it, not just thinking it. Is being guided through the places you've been avoiding, not because they're dangerous, but because you've never had the right support to go there.

That's exactly what I do.

If you feel something stirring in you — a readiness, a curiosity, even just a quiet yes — don't let it pass.

This is what it feels like when something wants to change.

# What's Next

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If this touched something in you...

trust that feeling.

It's not an accident that you read this. It's not random that certain parts landed the way they did.

The next step is to go deeper. Not with more reading. With real, guided, felt experience.

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Because the patterns that have been running your life quietly, in the background, for years —

don't have to keep running.

And you don't have to figure out how to stop them alone.

