WhoseVoice.app

Your reflection workbook

Questioning the path laid out for you

29 October 2026

SAMPLE

BEFORE YOU BEGIN

How to use this workbook

This workbook holds thirty questions, written around what you chose to put down. They are arranged in three parts of ten, meant to be answered in order. Part I looks back, and it can feel heavy at times; that is expected, not a sign that something is going wrong. Part II steps back and asks which of those voices are really yours. Part III looks forward and builds on what the first two bring up, which is why it works best last. At the end there is space for a letter to your younger self.

- Take your time. One part in a sitting is plenty; one question is fine too. If it gets too much, stop and come back another day.
- There are no wrong answers, and nobody will read this but you.
- Write by hand if you can. Print these pages and use the lines under each question. If they aren't enough, carry on in a notebook or on a separate sheet: the lines are only a starting point, so write for as long as you need.
- If a question doesn't apply to your life, move on to the next one. If it's only uncomfortable, it may be worth staying with a little longer.
- Return whenever you like. What you write next month may differ from what you write today.

SAMPLE

Where the questions come from

The questions are inspired by the Swiss psychiatrist Carl Jung (1875–1961) and his ideas about the mother and father archetypes: shared, age-old images of what a mother and a father are, which each of us carries alongside our memories of the actual people who raised us.

Jung suggested that much of how we react today took shape early on, from what we experienced and were told long before we could question it. Such patterns can carry on for years, in how we relate to care, authority and our own sense of worth, even when they no longer help us. Writing about them is one way to notice them and to consider which of them we would like to keep.

This workbook uses these ideas as a starting point for your own writing, not as a test or an analysis of you. What the questions bring up, and what you make of it, is yours to decide.

Made with AI

The questions, and the notes written for you (the introduction, the theme and the note for another time, if there is one), were generated by AI, Google's Gemini, from what you wrote. Your text isn't used to train AI models. WhoseVoice.app is not affiliated with or endorsed by Google.

This workbook is for your personal use.

SAMPLE

WHAT YOU WROTE

In your words

> *I followed the path my parents laid out — study hard, get a stable job, don't take risks. I did all of that and I'm grateful for it, but lately I feel like something is missing. I want to think about what I actually want for the next part of my life, separate from what I was taught to want.*

SAMPLE

FOR YOU

Where this workbook starts

Welcome to your workbook. You shared how faithfully you followed the steady road laid out for you, and how you are now wondering about what might be missing as you look ahead. These pages offer you a quiet space to write about your experiences and see what emerges.

Questioning the path laid out for you

It sounds as if you organized your life around a clear plan that offered safety, steady footing, and approval. Growing up, the adults who raised you may have viewed caution and conventional achievement as the best ways to protect you and show care. That structure gave you valuable stability, yet focusing primarily on avoiding risk can leave little room for your own distinct desires to surface. In your life today, this pattern may show up as an unsettling sense of emptiness or restlessness, even when everything looks completely secure from the outside.

SAMPLE

PART I

Looking back

Earlier memories, and how things were between you and the people who raised you.

1. How did your parents react when you showed interest in things that did not fit into their idea of a sensible future?

2. What did success sound like in your household when you were growing up?

SAMPLE

3. In what ways did the adults around you express their worries about taking chances or making mistakes?

4. When you brought home achievements, how did the feeling of approval shape the choices you made next?

SAMPLE

5. Where in your family history did this strong emphasis on security and predictable work seem to originate?

6. Under what circumstances did your family allow room for the unexpected?

SAMPLE

7. Which parent or adult did you feel most responsible for reassuring through your dependability?

8. Which early daydreams did you keep to yourself because they did not seem practical to the people around you?

SAMPLE

9. Whose example showed you how to deal with worry or stress while growing up?

10. What unspoken rules did you absorb about what makes a person worthy or respectable?

SAMPLE

PART II

Whose voice is this?

Telling apart what you need and want from what you were taught to expect.

1. When you pause and listen to your internal doubts, whose voice does that caution remind you of?

2. How can you tell the difference between a choice you genuinely want and one you make simply to feel safe?

SAMPLE

3. What parts of your current routine feel as though they belong to your parents rather than to you?

4. If you no longer had to prove that you are sensible and responsible, what might shift in your priorities?

SAMPLE

5. Which expectations from your upbringing feel heaviest to carry right now?

6. When a spontaneous desire arises, what internal warnings immediately speak up to challenge it?

SAMPLE

7. How does your body let you know when you are doing something purely out of obligation?

8. What definitions of a good life are you beginning to reconsider?

SAMPLE

9. In what moments do you catch yourself seeking permission from the people who raised you?

10. Where do you notice your own curiosity trying to steer you away from old habits?

SAMPLE

PART III

Looking forward

Imagining how you would like this part of your life to look, in your own words.

1. What would you dare to explore if you knew that missteps were simply part of learning rather than dangerous mistakes?

2. How might you define security on your own terms rather than relying on an inherited formula?

SAMPLE

3. If you gave yourself full permission to be a beginner at something, what would you choose to try?

4. What small, low-risk change could you make this week to welcome more vitality into your days?

SAMPLE

5. Where in your weekly routine could you carve out space just to follow what pleases you?

6. Which interests or instincts have you set aside that might deserve a second look?

SAMPLE

7. In what ways can you honor the practical foundation you built while still making space for something new?

8. Who around you supports you in trusting your own instincts right now?

SAMPLE

9. If you were sketching a plan for the coming year, what values would sit at the very center?

10. How would you like to feel at the end of an ordinary day in this next chapter?

SAMPLE

BEFORE YOU CLOSE

A letter to your younger self

Think of yourself at an age when this pattern was already there. Write to that younger you: what was going on, what you understand now that you couldn't then, and what you would want them to know about handling it.

SAMPLE

SAMPLE

CLOSING

Let it settle

You've given these questions your time and your honesty. Not everything needs to make sense right now. Let what you wrote rest for a while, and come back to it in a few weeks if you like; you may read it a little differently then.

This workbook is for personal reflection. Its personal content was generated by AI. It is not therapy or medical advice.

IF THINGS FEEL TOO HEAVY

If writing brings up more than you want to hold alone, please talk to someone. You can find a free helpline in your country at **findahelpline.com**.

If you are in immediate danger, call your local emergency number.

COMING BACK

Whenever something else is on your mind, you can start a new session at the address below. If you liked writing with these questions, feel free to pass it on to someone who might too.

WhoseVoice.app

SAMPLE