

Your Possible Home

Building Meaningful, Enduring Family Bonds in the Age of AI



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Going Back

A note before you begin: this is the deepest exercise in the book. Feelings that get buried don't age out; they wait, and going back to meet them can be one of the most healing things you ever do — it was for me. But go gently, choose a quiet hour, and know that if what surfaces feels bigger than a worksheet, that's not failure. It's information, and a good counselor or therapist is the right next step, not a last resort. You don't have to navigate it alone.

From Finding the Thermostat Setting Worksheet, the moment where a conclusion about you was formed: _____

Now return to that younger version of yourself, not as a metaphor but as a real visit. Sit beside them in your mind, and answer as the adult you are now:

What was actually going on in that moment that they couldn't see — the other people's stress, the context, the things a child had no way to know? _____

What did they decide it meant? _____

And what did it really mean? _____

What do they most need to hear from you? Write it to them directly, in second person — this is the one place in this book where you is the right word, because you're talking to yourself: _____



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How loved were they, even in that moment, even if nobody showed it well? _____

The new direction. Clarity creates space, but space alone doesn't build anything. Fill in honestly — neither half is pretending:

I have _____, but now I am _____.

Distill it into a short mantra you can carry, the kind that stops feeling like effort after a few weeks:

If more than one memory is waiting — and there were several for me — don't do them all today. List the ones that stayed, and take them one at a time, days or weeks apart: _____

Optional AI prompt, for afterward, not during: I revisited an old memory where I formed a belief about myself, and here's the new understanding I came to: [describe it]. Help me notice when the old conclusion is likely to resurface in daily life, and what my mantra should remind me of in those moments.



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