

“Unhook from your biological or adopted family's definition of who you are and should be. This means not letting old ideas about you control your life. It means healing whatever wounds exist from childhood. That includes shame, abandonment issues, attachment issues, neglect, physical, emotional and sexual abuse.”

Dr. Michael Obsatz

Storytelling in small groups or through personal reflection. One by one, each person shares his or her answer to the first prompt below. Then go to next question and so forth. A person can pass.

- 1. Tell a childhood story that still strongly influences you today.**
- 2. Share about one message you heard from your family of who you “should be” when you grow up?**
- 3. Share a story about the nature of your relationship with your mother, father, or other family member.**

Check out and download “Oh Grow Up” by Dr. Michael Obsatz at <https://lifesjourney.us/oh-grow-up/>  
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