



# 4 week Parent Coaching Program



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Athena Life Coaching

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# Module 1: Letting Go of the past and the feelings of Guilt and Regret

## Lesson 1: Forgiving and Accepting your Parents

1) How would you score yourself on being able to forgive and accept your parents, yourself and your children for everything that did not go well in your life so far?



1 (poor score) – Living in resentment

10 (high score) – Have forgiven and accepted all the people in your life

2) Write a letter to your parents sharing:

- Whatever you have been wanting to say to them
- Expressing your anger towards them
- Telling them about where you felt wronged by them
- Telling them where you felt guilty of having wronged them
- Ask for their forgiveness
- Forgive them
- I LOVE YOU

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