



BCARE
ASCENSION METHOD™



Heal. Connect. Grow. Ascend.

SESSION 6

Awareness of Self & Family Patterns

BEFORE WE CAN CHANGE OUR RESPONSE,
WE MUST UNDERSTAND OUR **ROOTS**.



AWARENESS
IS THE FIRST STEP
TOWARD HEALING.



LEARN.



CONNECT.



GROW.



ASCEND.



TOGETHER.



ACCOUNTABILITY

Check-In

Our commitment to this work begins with **honesty**, **reflection**, and **presence**.



What have I applied from the last session?



What wins or challenges have I experienced?



What support or insight do I need today?



We grow stronger when we *show up* authentically.



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WHAT WE'RE Exploring

Before we can respond with **intention**, we must understand what activates us. This session is about uncovering the internal triggers that influence our reactions, so we can parent from **awareness** instead of **autopilot**.

TODAY WE WILL:



Identify our
parenting
triggers.



Reflect on our
family of origin
and **patterns**.



Track and
understand our
emotional reactions.



Build **self-awareness**
and **self-compassion**
in the process.



Create space for
healing and
growth.

Our reactions are not random.



They are rooted. Let's get to the root so we can rise.



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UNDERSTANDING

Our Triggers

Triggers are not the problem—**unawareness** is.
When we take time to explore what activates us,
we create space to respond with **intention**,
not react from **old patterns**.

ACTIVITY FOCUS



Explore what
triggers you in
parenting.



Identify the thoughts,
emotions, and beliefs
beneath your **reactions**.



Reflect on how your
upbringing shaped
your responses.



Begin choosing
new patterns
that **heal**.

WHEN WE
UNDERSTAND OUR
TRIGGERS, WE TAKE
BACK OUR POWER
TO **CHOOSE**.



Awareness is the bridge between your past and your purpose.

LET'S WALK IT TOGETHER.



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LOOKING WITHIN

To Lead Differently

Our past experiences shape how we parent today.
By looking within, we create space to
respond with **intention**—not **reaction**.

TODAY WE WILL:



Reflect on how
our past shapes
our **triggers**.



Build **self-awareness**
through reflection
and **truth**.



Choose new
responses grounded
in **love** and **growth**.

AWARENESS
IS A GIFT
WE GIVE
OURSELVES.

The more we understand ourselves,
THE BETTER WE CAN SUPPORT OUR CHILDREN.



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PATTERNS WE INHERIT

Choices We Make

The patterns we grew up with were not our fault,
but they are our responsibility to change.

Awareness breaks cycles. Choice builds new ones.

TODAY WE WILL:



Identify patterns
that were **passed
down**.



Reflect on how those
patterns **show up** in
our parenting today.



Choose to lead with
awareness, not
automatic responses.

OUR STORIES
SHAPE US.
OUR CHOICES
CHANGE OUR
LEGACY.



We have the power to rewrite what comes next.



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PRACTICE WITH *Purpose*

Growth happens in the moments between sessions.
This week, we practice **awareness**, **reflection**, and **choice**
so we can respond with **intention**, not **impulse**.

WEEKLY PRACTICE



AWARENESS

Use the worksheets
to identify and
understand your
triggers.



REFLECTION

Journal your
insights and notice
patterns without
judgment.



PAUSE & CHOOSE

Take a breath.
Choose how you
want to **show up**
next time.



APPLY & CONNECT

Practice one new
response and
celebrate the
progress.

PRACTICE TODAY.
TRANSFORM
TOMORROW.



Small moments. Big shifts.

I CHOOSE GROWTH. I CHOOSE CONNECTION. I CHOOSE ME.



LEARN.



CONNECT.



GROW.



ASCEND.



TOGETHER.

WE ARE THE CHANGE

We Choose

Awareness is the beginning. **Intention** is the decision.
Consistency is the transformation. Keep showing up for yourself, so you can keep showing up for them.

KEY TAKEAWAYS



Triggers are **messages**, not mistakes.



Our past informs us, but it **doesn't** define us.



We create the patterns. We can also **change** them.



Small, **intentional** choices today build a better tomorrow.



You are doing **better** than you think.

YOU ARE NOT RAISING PERFECT KIDS. YOU ARE RAISING **CONSCIOUS** HUMANS.

The work is real, but so is the growth.
KEEP GOING. YOU'VE GOT THIS.



LEARN.



CONNECT.



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ASCEND.



TOGETHER.



INTEGRATE. APPLY. ASCEND.

The Journey Continues

You've done the inner work. Now it's time to put it into practice and keep building a **regulated**, **connected**, and **empowered** family—one choice at a time.

WHAT'S NEXT?



REVIEW & REFLECT

Look back on this session. What stood out? What will you **remember**?



SET AN INTENTION

Choose one action you will **commit** to this week.



STAY CONNECTED

Engage in your homework, journal, and discussion with **intention**.



KEEP ASCENDING

Growth is not linear, but every step forward **counts**.


REFLECTION
TODAY.
TRANSFORMATION
TOMORROW.
LEGACY
FOREVER.




You're not just parenting.

YOU'RE BREAKING CYCLES & BUILDING LEGACIES.



LEARN.



CONNECT.



GROW.



ASCEND.



TOGETHER.