



Mother Triggers & Teen Daughters

Pre-Work Reflection Workbook



WELCOME!



Dr. Kimberley Palmiotto

Welcome to this reflection workbook!
This is not homework.
This is an orientation.

You are not here to judge yourself.
You are here to notice patterns.
Move slowly.
Write honestly.

No one will see this unless you choose to share it.

Part 1

The Moments That Stay With You

Think about a recent conflict with your daughter.

Choose one that lingers.

1. What happened?

(Briefly describe the situation — just the facts.)

2. What did she do or say?

3. What did you feel in your body?

(Check or describe)

Tight chest

Heat

Urgency

Shutting down

Irritation

Fear

Sadness

Other: _____

Where did you feel it? _____

4. What did you do next?

Lectured

Raised voice

Shut down

Walked away

Pursued her

Tried to fix

Over-explained

Apologized quickly

Other: _____

Part 2

Your Top 3 Reactions

Across situations, what are your most consistent reactions?

1.

2.

3.

4.

5.

6.

Now ask:

What do these reactions have in common?

How Old Do You Feel?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Part 4

Belonging & Identity

Complete these sentences quickly, without overthinking:

When I was 13, I learned that I had to _____
_____ to belong.

When I disappointed my parents, it meant

_____.

Conflict in my home felt like _____

_____.

Independence was seen as _____.

Part 5

The Fear Beneath the Reaction

Often beneath anger is fear.

When she pulls away, I am afraid that:

When she dismisses me, I am afraid that:

When she doesn't listen, I make it mean:

Part 6

The Long View

Answer gently:

What kind of adult relationship do I hope to have with my daughter one day?

How do I want her to describe me when she is 30?

What do I want to model for her during conflict?

**You are not here
because you are failing.**

**You are here because
you are conscious.**

**Bring this to the
workshop and
see if you can make any
connections for
yourself.**

[illegible]

Thank you!

I'm so excited to have you join me in the upcoming workshop!

I appreciate your commitment to your own growth and development, and I am so grateful for the opportunity to be part of your learning journey. Thank you for choosing to learn from me, and I wish you all the best in your continued learning and growth.

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