UnbrokenHer

A FREE GUIDE FROM THE CIRCLE

The Family Patterns Map

Most of us learned a role at home long before we could name it. These roles were not mistakes. They were clever ways a young girl stayed safe, loved and close to her family. As adults, though, they can quietly run our lives. This map is a gentle way to notice yours, without blaming anyone, including yourself.

How to use this map: read slowly, circle what feels familiar, and skip anything that feels too heavy. You can hold more than one role, and roles can change over time. If old memories start to overwhelm you, pause, put your feet on the floor, and take one long breath out.

Six roles many daughters learn

The Peacekeeper Keeping everyone calm kept you safe.	**Today it might look like:** Smoothing every conflict, apologising first, feeling responsible for other people's moods.	*What would I say if keeping the peace were not my job?*	☐
The Fixer Being useful was how you were loved.	**Today it might look like:** Solving everyone's problems, struggling to ask for help, resting only when exhausted.	*Who takes care of me when I stop fixing?*	☐
The Golden Daughter Achievement was the family's pride, and its pressure.	**Today it might look like:** Perfectionism, fear of disappointing others, feeling worthy only when succeeding.	*Who am I when I am not achieving?*	☐
The Invisible One Needing nothing meant causing no trouble.	**Today it might look like:** Shrinking your needs, going quiet in groups, feeling unseen even by people who love you.	*What do I need today, if I let myself want it?*	☐
The Black Sheep The family's pain landed on you.	**Today it might look like:** Being blamed, feeling 'too much', expecting criticism before it arrives.	*Which labels were never really about me?*	☐
The Little Parent You grew up before your time.	**Today it might look like:** Caring for siblings or a parent's feelings, feeling guilty for wanting a life of your own.	*What did the child in me miss, and how can I offer it now?*	☐

Tick the circle beside any role that feels like home.

MAP YOUR FAMILY

Five gentle questions

Write as much or as little as you like. Bullet points, single words and drawings all count.

1. Which role (or roles) feels most familiar to me? Where did I first learn it?

2. What were the unspoken rules at home? (For example: 'log kya kahenge', 'don't cry', 'family first, always'.)

3. Who held the most power in my family, and how did everyone adjust around them?

4. What feelings were welcome at home, and which ones had to hide?

5. What did this role protect me from? What has it cost me as an adult?

FROM PATTERN TO CHOICE

Keep what helps. Gently set down what doesn't.

Your role gave you real strengths. The peacekeeper is wise about people. The fixer is resourceful. The invisible one notices everything. Healing is not about throwing your role away. It is about choosing when to use it.

A strength my role gave me	A habit I am ready to soften

One small experiment for this week:

> *"I can love my family and still choose a different way for myself."*

If this brought up a lot

That is a sign of how much you have been carrying, not of anything wrong with you. You don't have to hold it alone.

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With care, Dr. Siidarth Bhattacharya, Founder, UnbrokenHer
This guide offers education and self-help and is not a substitute for therapy or emergency care.