

# How do we recap the tendency to become clones of our parents?

That should really come back to you through recapping your childhood, but it depends on recognizing the patterns they gifted you with, which are ones that they were gifted with from their parents, plus a few they throw in just for you.

In general, stalking the self will change all that anyway. You will come to a point where you will look at the way you see the world, or a given part of it and realize that you never formed that opinion on your own. You just assumed it or were forced to take it on by someone else and parents are prime contenders for that.

Recapping childhood often shows you those things and some of them are incredibly subtle. They aren't so crucial in themselves, but as specifics, as the patterns that resulted from them, the ways in which you learned to react to the world or present yourself to it. Once you can see those, the memories will come back. They aren't always pleasant, but by the time you get there you can usually deal with them. Really, recapping is like trying to push an elephant through a keyhole, you have to back up sometimes and rethink your strategy. I've learned over time that not everything I found through recapping were things I liked about myself. In fact a lot of things I didn't like, but I came to understand the essential nature of why I created the reality I did through the patterns I had learned. I'm not talking about early childhood necessarily, but later in childhood as we learn survival skills both emotionally and physically.