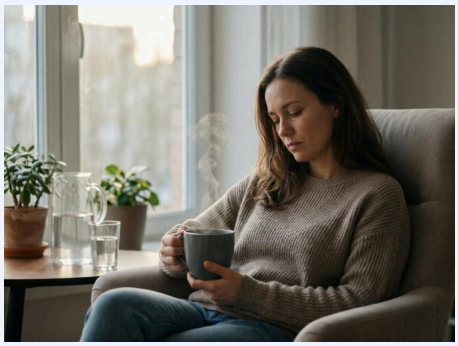
SELFTRACE for Parents

A clearer way to read reactions, fatigue, and parenting patterns.



Vertical
Parents, family support, and child-raising education

Focus
SELFTRACE for Parents

Core
Scientific + actionable

SELFTRACE helps parents observe how they react in situations of limit-setting, guilt, fatigue, conflict, and emotional overload with their children. That creates more clarity to educate without repeating costly automatic responses.

Current platform capabilities

- Identity cartography by life areas with history and cumulative reading.
- Identity biography and emotional state to go deeper than the core pattern.
- Holistic diagnosis, contextual behavioral summary, and structured prompts for external AI.
- Apply as case workshop, historical inventory, and dedicated file card.
- Reusable libraries of actors, contexts, and environments to enrich real cases.
- Reports, PDFs, and shareable outputs with host branding.
- Link-based sharing and curated outputs for private or carefully public contexts.

What makes this valuable

- Accessible experience to review reaction, boundaries, and regulation in parenting.
- Focused on observable behavior and small practical alternatives.
- Helps distinguish fatigue, control, guilt, and avoidance in real time.

Use cases

- Discipline, screen-time, overload, guilt, and conflict scenes.
- Parenting education and self-regulation programs.
- Support for families living through exhaustion, confusion, or repeated friction.

Relevant benefits for this sector

Sharing notes

- More clarity before yelling, withdrawal, or emotional exhaustion appears.
- A better language to talk about parenting without moralizing.
- Clear value for families who want more presence and better decisions.

- Strong fit for parent schools, family guidance, and digital programs.
- Can be used as an individual experience or as a support complement.
- Connects strongly with real concerns of modern parenting.

Scientific and operational basis

SELFTRACE combines deterministic pattern reading grounded in psychological flexibility, traits, and attachment theory. External AI can expand language, reflection, or coaching; the core detection still relies on reproducible rules and now also translates into cross-cutting reports and applied case files.



Invite them to explore SELFTRACE

Share this brochure with people, teams, or institutions who may find it useful. SELFTRACE combines cartography, biography, emotional state, contextual behavioral summary, applied case files, shareable reports, and external AI support inside a deep and actionable experience.

Registration / access: https://self-trace.com/Identity/Account/Register

System guide: https://self-trace.com/HowItWorks

Entry page: https://self-trace.com/