

Family of Origin Exercise

We each have our own unique family backgrounds and experiences. And, these experiences help shape what we view as “normal” family interactions. Think about the following questions and your family experiences growing up or now. How do your experiences differ from some of your families’? In what ways have you had to “catch” yourself from assuming what worked for your family growing up is best for a family you work with?

Family Expression

- How was affection expressed in your family growing up? How often?
- How were anger and frustration expressed between members of your family? How often?

Shaping Behavior

- How was behavior managed? By whom? How was discipline delivered?
- Were your parents more controlling or permissive of your behavior?

Roles & Responsibilities

- If applicable, what were the roles and responsibilities of the female parent(s)/caregiver(s)?
- If applicable, what were the roles and responsibilities of the male parent(s)/caregiver(s)?

Values

What are the top three characteristics you want your children to have? If you don't have children, what three characteristics do you most hope children have?