FAMILY OF ORIGIN | WORKSHEET

Reflect on your family of origin. Under each category, circle the patterns you experienced growing up.

PARENTING
Strict. Permissive. Meticulous. Laid back. Involved. Detached.

FINANCES
Spender. Saver. Frugal. Tight. Strict budget. No budget. Debt. No debt.

HOME
Orderly. Messy. Loud. Quiet. Specific roles. No roles.

DIET
Health conscious. Eat anything.

EXTENDED FAMILY
Very close. More disconnected.

SCHEDULE
Over-committed. Good balance.

EMOTIONS
Open and sharing. Closed and Private.

SPIRITUAL
Faith a priority. Faith not a priority. Open about faith. Closed about faith.

MARRIAGE
Independent. Do everything together. Dating. Co-existing. Permanent. Divorce is an option.

CHURCH
Devoted. Detached. Neutral.

DECISION-MAKING
One parent decides. Joint decision.

EXERCISE
Health-focused. Not a focus

ATMOSPHERE
Critical/judgemental. Affirming/merciful.

ADDRESSING ISSUES
Avoidant. Conflictual. Cold. Healthy addressing of conflict.

ALCOHOL
None. Moderation. Excess.

COMMUNICATION
Regular connection. Infrequent connection.

POLITICS
Conservative. Liberal.

PETS
Dogs. Cats. Other animals. No pets allowed.

SEX
Healthy conversations. Never talked about it

AFFECTION
Public displays of affection. Lack of affection. Hugging. No hugging.

SPORTS
Important. Unimportant.

INTERESTS
Musical or not? Athletic. Outdoorsy. Indoorsy.

MOVIE + TV SHOWS
Strict. Watch anything.

EATING
Eat out. Eat at home. Eat as a family. Eat separately.

WORKING
Both parents work. One parent stays home with the children. Workaholics. Balanced.

VEHICLES
New car. Used car. Important. Not important.

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TOP THREE FAMILY TRAITS I WOULD LIKE TO IMITATE

1

2

3

TOP THREE FAMILY TRAITS I WOULD LIKE TO AVOID

1

2

3

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INTENTIONAL QUESTIONS + ACTION POINTS

1 Discuss what you circled on the worksheet and share its impact on you today.

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2 What steps can we take to ensure we continue the positive traits modeled in our families?

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3 What strategies can we put in place to avoid perpetuating the negative traits from our families?

The three words we would like our family to be known for are:

1 2 3

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