

# Family Life Worksheet

## Instructions

To assist you in gaining insight into family life, participate in the group discussion. Follow these guidelines during the discussion:

1. Keep the discussion confidential. Individuals may share personal stories that they don't want repeated outside of the group.
2. Show respect for others. There are no wrong stories or wrong ways of being a family. The way your family does things is not more right or more wrong than the way other families do things. Empathize but don't judge.
3. Use the prompts in this worksheet to facilitate your discussion.
  - a. Family responsibilities
  - b. Sibling relationships
  - c. Parent and child relationships
  - d. Family challenges

## Discussion 1: Family Responsibilities

1. What are your responsibilities within your family? List two or three on the table below. In what way does carrying out your responsibilities benefit the family? An example is provided for you.

MY RESPONSIBILITY	WHEN COMPLETED	BENEFIT TO THE FAMILY
Do my homework.	As soon as I've finished an after-school snack.	Parents don't have to nag me. Parents know I'm taking responsibility for myself.

2. Under what circumstances might your responsibilities change? How would you adjust to these changes?

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## **Discussion 2: Sibling Relationships**

1. Who are your siblings? If you're comfortable doing so, list their names.

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2. Where do you fall in the birth order? How does it affect you?

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3. Does your family's culture have any specific expectations based on order of birth? Give a few examples.

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### **Discussion 3: Parent and Child Relationships**

1. Who are the adults in your family? If you're comfortable doing so, list their names and their relationship to you.

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2. Which adult do you appreciate the most? Why?

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## Discussion 4: Family Challenges

1. What are some challenges that your family faces? List a few below and tell how you worked through them. An example is given for you.

FAMILY CHALLENGE	HOW SOLVED	ADDITIONAL IDEAS
There is a lot of chaos in the morning between trying to eat breakfast and make lunches for school and work.	Prepare lunches the evening before and refrigerate them until the family member is ready to leave the house.	Designate a separate area in the cupboard for lunch supplies that don't need to be refrigerated and each family member can grab and go.

2. Talking with family members about challenges can bring out a range of emotions. What are some emotions you've felt when trying to work through family challenges? What are some constructive ways of dealing with them? An example is given for you.

SITUATION	EMOTION	CONSTRUCTIVE RESPONSE
A younger sibling hasn't picked up their toys and you are asked to do it.	Anger toward the younger sibling. Resentful that you have to help with a mess you didn't create.	Clarify how your parents expect you to help around the house.  Notice when the toys are starting to create a mess. Offer to help the younger sibling pick things up. Make a game out of it.

## Turning the Page to Pleasant Family Life

If you could do one thing to make your family life more pleasant, what would it be and why?

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