

Family Rules

(ie: it is not OK to be angry; don't talk about family problems outside of our family; you can do anything if you try hard enough; dad gets to do whatever he wants because he works so hard; mom's opinion is never as important as dad's; kids need to be seen, not heard; keep dad happy at all costs; we should be grateful for what we have—it's a lot more than many have;

Family Roles

(ie: hero, princess, lost child, mascot, scapegoat, doer, enabler, saint)

My Life Egg

Fill your egg with simple pictures of significant life experiences (both positive and negative), starting from earliest memories and moving through your life chronologically.

Characteristics of Dad

Characteristics of Mom



Elizabeth Griffin, LFMT and Debbie Laaser