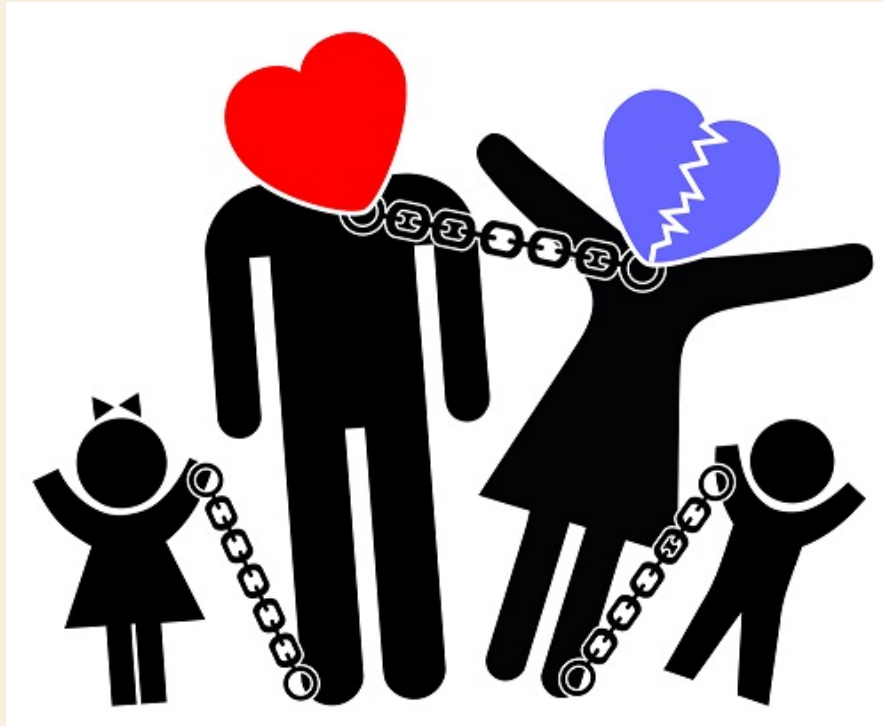




Fostering Resilience™



Family Roles WORKBOOK

Fostering Resilience™
www.frprogram.com

FAMILY ROLES

1. What role did you play in your family of origin?

2. What role do you play in your current family?

3. Do you have more than one role?

4. What is your primary role?

5. How does it serve you?

6. How is it reinforced?

7. How does it cost you now?

FAMILY ROLES

8. How does it benefit you now?

9. What roles do your children fill now (if you have any)?

10. How have you contributed to that?

11. What role does your spouse/significant other fill?

12. How does that impact / mesh with your role?

13. What roles do you think your parents played?

FAMILY ROLES

14. How did that affect your role choice?

15. Why might it be important to understand your role(s) and how it impacts others?

16. What things would you like to change about your role?

17. How would you go about doing that (actions)?
