Family Dynamics Worksheet

Instructions: Complete all information fields, ensuring accuracy in names, relationships, and contact information. Provide detailed responses for a comprehensive view of family dynamics. Reflect on each section collaboratively, using the worksheet as a starting point for open communication within the family, encouraging all members to contribute their perspectives and insights.

Name:	Date of Birth:
Address:	
Phone Number:	Email:
Emergency Contact:	
Family Information:	
Family Structure:	
Nuclear Family	
Extended Family	
Blended Family	
Single-Parent Family	
☐ Other (Specify):	

Family Members:

Name	Relationship	Age	Occupation

Family Roles:

	Traditional roles
	Equal distribution of roles
	Role reversal
	Emerging roles (e.g., caregiver, mediator, etc.)
	Other (Specify):
Со	mmunication Patterns:
	Open and transparent
	Limited but effective
	Frequent conflicts
	Avoidant
	Mixed patterns (Specify):
Dec	cision-Making Process:
	Collaborative
	Autocratic
	Consensus-driven
	Delegated

Other (Specify): _____

Challenges and Concerns

Current Issues:

Emotional Climate:		
Strengths and Resources		
Coping Mechanisms:		
Support Systems:		