## **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:
<b>Emergency Contact:</b>	
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):
Communication Patterns:
Open and transparent
☐ Limited but effective
☐ Frequent conflicts
Avoidant
☐ Mixed patterns (Specify):
Decision-Making Process:
☐ Collaborative
_ Autocratic
Consensus-driven
Delegated
Other (Specify):
Challenges and Conserns
Challenges and Concerns  Current Issues:
Current issues:

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