

Family of Origin Worksheet

Personal Information

Name: David Peterson

Age: 30

Date: March 7, 2024

Note

This worksheet is designed to help you explore the influence of your family of origin on your personality, beliefs, and behaviors. By understanding these influences, you can gain insights into your current patterns and make conscious choices about which traits you want to keep and which you may want to change.

For each family member listed below, consider what you learned from them about the following emotions and concepts.

Parent/Caretaker 1

Name: Thomas Peterson

What did you learn from them about the following emotions and concepts? How did they demonstrate these emotions or concepts? Try to recall specific examples or situations that shaped your understanding.

Anger:

Often aggressive, he often had outbursts and relied on intimidation and yelling and threats of physical harm

Love:

rarely expressed affection. focused more on discipline.

Trust:

Distrustful, always doubted my abilities and decisions.

Commitment:

Committed to providing but lacked emotional connection.

Relationships:

Strained relationship, often distant and critical. At least there was no infidelity

Emotional Regulation and Expression:

Taught me to repress emotions, he always told me to "be a man."

Parent/Caretaker 2

Name: Mary Peterson

What did you learn from them about the following emotions and concepts? How did they demonstrate these emotions or concepts? Try to recall specific examples or situations that shaped your understanding.

Anger:

Showed love but often sided with my father during arguments.

Love:

Affectionate but seemed to favor my sisters over me.

Trust:

Trusted more in my sisters' abilities than mine.

Commitment:

Committed to family but often in conflict over finances.

Relationships:

Loving but overshadowed by loyalty to my father.

Emotional Regulation and Expression:

Encouraged expression but was overpowered by my father's beliefs.

Other Immediate Family Members

Name/s:

Jenny Peterson, Tara Peterson

What did you learn from them about the following emotions and concepts? How did they demonstrate these emotions or concepts? Try to recall specific examples or situations that shaped your understanding.

Anger:

We have less tension compared to my parents, we have more open discussions.

Love:

We have a close relationship, they're supportive. But my parents prefer them.

Trust:

They were committed to family unity but I sometimes felt excluded.

Commitment:

We have a good bond but it's overshadowed by parental favoritism. I still somewhat resent them for it

Relationships:

We have a good bond but overshadowed by parental favoritism. I still somewhat resent them for it

Emotional Regulation and Expression:

They were more expressive and less restricted by parental expectations

Reflection

What patterns do you notice in what you learned from your family?

Learned to suppress emotions, distrust, and felt less favored compared to sisters.

How have these lessons influenced your current behavior and relationships?

Struggle with expressing emotions, trust issues in relationships, and a need for validation.

Are there any traits or lessons you want to change or improve upon?

Want to improve emotional expression, build self-trust, and address resentment towards family.

Mental Health Professional's Comments and Recommendations

David shows a clear understanding of his family's influence on his emotional development. Exploring these dynamics in therapy can help address his trust issues and emotional suppression.