

Family of Origin Worksheet

Personal Information

Name:

Age:

Date:

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:

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:

Love:

Trust:

Commitment:

Relationships:

Emotional Regulation and Expression:

Parent/Caretaker 2

Name:

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:

Love:

Trust:

Commitment:

Relationships:

Emotional Regulation and Expression:

Other Immediate Family Members

Name/s:

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:

Love:

Trust:

Commitment:

Relationships:

Emotional Regulation and Expression:

Reflection

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

How have these lessons influenced your current behavior and relationships?

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

Mental Health Professional's Comments and Recommendations