

Family Therapy Worksheet

Write down the first 3 words that come to mind when you think of your family.

In your family relationship, what do you want more of?

1.

2.

3.

In your family relationship, what do you want less of?

1.

2.

3.

On a scale from 1-10 (1 = not well at all, 10 = extremely well), how well do you communicate with your family?

On a scale from 1-10 (1 = not well at all, 10 = extremely well), how well does your family communicate with you?

Have a think about the role you play in your family. Are there any things you could do to improve family dynamics? Try and be as honest as possible.