

Understanding Where You Come From & How That Affects Where You are Going

Put a check beside the lines that describe the environment you were raised in. Use the extra lines to write down other tools or descriptive statements you feel are relevant:

- ☐ many strict rules
- ☐ consequences strongly enforced
- ☐ harsh punishments
- ☐ little to no discussion or negotiation
- ☐ outside involvement discouraged
- ☐ one main enforcer in family
- ☐ love rarely spoken of or shown
- ☐ put-downs/attacking statements common
- ☐ lots of threats
- ☐ feeling afraid was common

- ☐ few to no rules
- ☐ no consequences or not enforced
- ☐ punishment sporadic
- ☐ lots of guilt
- ☐ no family enforcer or varied
- ☐ love conditional on behaviour
- ☐ accusations of "not caring" common
- ☐ threats common but rarely carried out
- ☐ lots of discussion but nothing decided
- ☐ confusion or frustration a common feeling

- ☐ a few clear rules
- ☐ consequences carried out consistently
- ☐ variety of discipline tools used

- ___ no harsh punishments
- ___ discussions, negotiation, compromise common
- ___ loved unconditionally
- ___ mutual respect built
- ___ put-downs or insults rare if ever
- ___ threats rare
- ___ fear or confusion uncommon

Are there things from your family of origin that you are doing with your kids and would prefer to stop? Come up with a plan for how you might do that.

For example: Too many inflexible rules; choose a few at a time and get really clear on my reason for having them and how I've explained them to the kids (be sure I have good reasons for having them); let go of rules that aren't totally necessary.

If you are working with a partner, compare your worksheets and discuss.