

DISCUSSION QUESTIONS

IDENTIFYING HOW YOUR FAMILY SHAPED YOU...

1. Describe each family member with three adjectives and their relationship to you.
2. Describe your parent's relationship.
3. How was conflict handled in your family? Anger? Tensions?
4. How were gender roles and authority worked out in your family?
5. How well did your family do in talking about feelings?
6. How would your family describe you? How do you think your family thinks about you?
7. How was sexuality talked or not talked about? What were the implied messages?
8. Were there any family "secrets" such as a pregnancy, incest, or major financial scandal?
9. What was considered success in your family?
10. How was money handled? Spirituality? Holidays? Relationships with extended family?
11. Were there any heroes or heroines in the family? Scapegoats? "Losers"? Why?
12. What kinds of addictions, if any, existed in the family?
13. Were there traumatic losses in the past or present, such as sudden death, prolonged illnesses, stillbirths/miscarriages, bankruptcy, or divorce?
14. How was spirituality expressed?
15. What are your dreams for your future? How would you like to see them different when compared to your past?

BUILDING OUR RELATIONSHIP

1. When we relate together, I am happiest when ...
2. When we relate together, I am saddest when ...
3. When we relate together, I am angriest when ...
4. The best thing about our relationship is ...
5. I am most afraid when ...
6. I feel most lonely with you when ...
7. I feel loved by you when ...
8. My greatest concern/fear for our marriage is ...
9. What I like most about myself is ...
10. What I dislike most about myself is ...
11. What I like most about you is...
12. My greatest concern/fear for you is ...
13. The feelings that I have the most difficulty sharing with you are ...
14. The feelings that I can share most easily with you are...
15. I long to connect with you spiritually by...
16. When I think of relating with you spiritually, I feel...
17. My dreams for our relationship are...
18. I want to guard and build our relationship over the next 5 years by...