

# FAMILY THERAPY

Name: \_\_\_\_\_

Date: \_\_\_\_\_

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?

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

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

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

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.