

IN MY FAMILY

Use this worksheet to identify which issues are present in your family structure. Family can also include aunts, uncles, cousins, and grandparents. Check the ones that you feel comfortable identifying.
IN MY FAMILY THERE IS_

- Divorce
- Substance Abuse
- Love
- Mental Health Concerns
- Financial Problems
- Distance
- Death and Loss
- Multiple Family Moves
- A Bond/Closeness
- Bullying/harassment
- Support
- Arguing and Fighting
- Absent Parent
- Communication Problems
- Trauma
- Abuse
- Anger Outbursts
- Gambling Problems
- Fun