

Name:

Date:

FAMILY QUESTIONS

Answer each question. Write the answer on other paper.

1. How do you create a safe space for sharing emotions?

2. How do you address feelings of loneliness?

3. How do you practice empathy in the family?

4. How do you support each other's mental health?

5. How do you handle emotions during conflicts?

6. How do you encourage positive emotional expression?

7. How do you support each other's emotional needs?

8. How do you manage anxiety within the family?

9. How do you handle emotional outbursts?

10. How do you recognize signs of emotional distress?

11. How do you deal with feelings of sadness or depression?

12. How do you support each other during difficult times?

13. How do you promote emotional health in the family?

14. How do you handle stress within the family?