

Family Questions

Instructor's Sheet

Instructions for the Activity Leader

1. Provide each family member with their own answer sheet. If there are more than four participants, give multiple copies to each person.
2. Ask each question out loud, in order, for everyone to answer.
3. Next, encourage each family member to share the answers they wrote for themselves. Compare their answers with the family's guesses.
4. Use the sharing portion of the activity as an opportunity for exploration and discussion. Take note when answers are very similar or very different. For example, similar answers might hint at shared values or goals, which may be beneficial in treatment.

Instructions for Family Members:

1. Write each of your family member's names on the answer sheet, above the columns.
2. When asked a question, write your own answer, as well as your best guess for each family member's answer.

Activity Questions

1. What is everyone's favorite movie or television series?
2. Who is a morning or night person?
3. Who is messy and who is neat?
4. What is everyone's talent?
5. What is everyone's proudest moment?
6. What is everyone's life goal?
7. What is everyone's greatest fear?
8. Pick one or more role for each person: Fixer, Nurturer, Talker, and the Quiet One
9. Pick one or more future for each person: World Traveler, Family-Centered, Most Successful, or Thrill Seeker
10. What is a feeling that each person may be holding back from sharing?
11. How can you tell when each person is experiencing difficult feelings?
12. Who does each person go to when they are upset?

Family Questions

Answer Sheet

My Answers _____

1				
2				
3				
4				
5				
6				
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9				
10				
11				
12				