Self- Reflection on Family Exercise

Take a few minutes to think about your family and its boundaries, rules, roles and expectations. This exercise is one of self-reflection and will not be shared with others in the class. Jot down some of your thoughts for the following questions.

- **When family members are angry at each other, do they express this and how or do they keep it to themselves?**

- **How affectionate or emotional are family members expected or <u>allowed</u> to be with each other?**

- **How do decisions get made in the family? How is the final decision made?**

- **Are there limits on "how much" or in what ways kids can argue with their parents?**

- **How much are family members "allowed" to talk to people outside the family about family problems?**