



Exercise:

Assessing Your Family Relationship Dynamics

In this exercise, you will analyze each relationship dynamic between the listed family members below. You will decide whether the relationship that you have with this individual is good, bad, or neutral. You will then explain why you feel the way you feel about the relationship. Write down what you like about the dynamic and what you dislike about the dynamic. Also, write down any changes that you may be looking to see within the dynamic. This exercise will allow you to assess the relationships that you have with your family members. It will allow you to dig deep into what exactly it is that you value or don't value about the relationship.

- 1. Mom*
- 2. Dad*
- 3. Sisters (List Each One, Skip If you don't have any)*
- 4. Brothers (List Each One, Skip If you don't have any)*
- 5. Stepparents (Skip If You Don't Have Any)*
- 6. Grandmother*
- 7. Grandad*

If Any of the listed family members are no longer with us, I would like for you to instead assess your past relationship with the family member. In addition to that, write down how you feel the death may have affected you mentally and emotionally.