

## Questions to Learn More about Your Family

- What are some of your earliest memories?
- How did you feel “special” in your own family?
- Which parent did you feel closest to?
- What do you see as particular strengths in your family life?
- How did you and your family members deal with conflict?
- Who were you closest to in your family of origin?
- How are you different from others in your family of origin?
- How are you the same?
- What was your life like before I was born? At the time I was born?
- What were some of the most significant turning points in your life?
- Who are the significant people in your life?
- What goals did you establish for yourself in life? How close have you come, would you say, to accomplishing them?
- What goals do you have now?
- Who do you learn most from in your family?
- What are your most satisfying accomplishments?
- What was your biggest challenge as a partner in a marriage/relationship? As a parent?
- How did you deal with it?
- Was religion or faith important to you or your family?
- How did you develop your faith?
- What beliefs are most important to you?
- What was an important religious experience for you?
- What qualities do you appreciate most in your parents? Your siblings?
- What are some of your most important discoveries as a parent?
- How do you make decisions? Who do you talk to about them?
- How do you deal with conflict with (parents, partner, children, etc.)?
- Whose death in the family has affected you the most?

- from *Family Ties that Bind*, by Dr. Ronald W. Richardson, pages 120, 121