FAMILY SESSION WORKSHEET

The goal of this worksheet is to get you ready for family sessions. You will be asked specific questions to help you to get the most out of family sessions. Please answer the following questions as best as you can:

1. What are your fears about family therapy?

2. What has been it been like for you to endure your loved one’s illness?

3. List at least (3) goals for family therapy.

4. What would you like to change regarding family interactions?

5. What “language” will you use to communicate your feelings and needs in session? (Hint: I feel/I need).
6. How do you “expect” your family will interact or react in session?

7. What is the most important thing you would like your family to hear?

8. Describe the roles each family member plays in order to keep the family together (whether it is adaptive or maladaptive).

9. Is there anything you would like to make amends about or expect your family to make amends?

10. If you had a magic wand, how would your family session(s) turn out? Or how would your family interact in session(s)?

11. What amends do you want to make to your family?
12. What amends do you think your family needs to make to you?

13. What writings or drawings do you want to share with your family?

14. What are your worst fears?

15. What would you like your relationship to look like with your family in the future?

16. What do you know about your mom and dad’s childhood? What more do you want to know. Why haven’t you asked?

17. Are there behaviors family members do that you prefer less of or more of or different?
18. What are “the rules” in your family (spoken or unspoken)?

19. How are secrets kept in your family?


21. Who protects whom in family and how does that manifest? Who allies with whom against whom? Who are you protecting or most afraid to hurt?

22. Who’s close to whom or distant from whom? Who do you worry most about pleasing and who do you worry most about being criticized by?

23. Are there traumatic events in family’s life that might relate to current problems?