



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).



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?

