The Family You Came From

Mapping the patterns, not the people.

Family-of-origin work is not about blame. It is about pattern recognition. The shape of how anger, sadness, joy, and silence got expressed in the family you grew up in becomes the shape you reach for first as an adult. Some of those reaches still serve you; some do not. This worksheet is for noticing them.

Who held the most influence in your family growing up

Not always the loudest person. Whoever the household tilted toward.

What was rewarded; what was punished

Often the same kid was both, depending on the day.

How anger, sadness, and joy got expressed

Out loud, sideways, behind closed doors, or not at all.

Educational content; not a substitute for therapy. If you are working through something significant, consider connecting with a counsellor or your family doctor.

The Family You Came From (continued)

The role you took on

Peacemaker, fixer, the funny one, the responsible one, the quiet one. Or something else.

A pattern you notice yourself repeating now

In friendships, at work, in your own family. The thing that feels familiar.

A pattern you want to interrupt

Naming it does not change it. But naming it is where the change starts.

You can do this work without writing your family off. Many of the same people gave you both what helps you and what hurts.

Book a free 15-minute consult

A free, 15-minute call with Sean, a Canadian Certified Counsellor. No pressure, just a conversation.

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