

Family



What is one thing I appreciate about my family?



What family tradition means something to me?



What have I learned from my family?

What family relationship would I like to understand better?



What communication pattern do I notice in my family?



What memory makes me feel connected to my family?



What family expectation do I want to examine?



What do I wish I could express more openly?



How has my relationship with my family changed over time?



What quality from my family do I want to carry forward?



What difficult family experience taught me something valuable?



How can I create more patience in family conversations?



What appreciation have I not expressed?



What role do I naturally take in my family?



What does family mean to me now?

