

YOUR FAMILY PORTRAIT

YOU

1

2

3

4

5

Using the numbers or initials fill in the blank] (you might have more than one answer for each of the statements):

I see _____ as weak, being attacked, incomplete, lacking.
I see _____ as deserving condemnation, punishment, attack.
I see _____ as a resource to give me _____

Pick one person from above that is the most challenging relationship for you and answer the following questions with short adjectives:
How would you describe this person? _____

In this relationship how do you see yourself? _____

Pull out the "good" attributes from all the adjectives listed:

Pull out the "bad" attributes from all the adjectives listed:

