Can't We Just Get Along Counselling

Family of Origin Self-Reflection Assessment

Keep

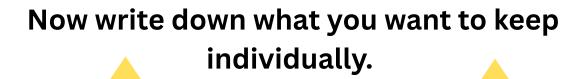
What are the traditions, habits, rituals, behaviours and values I want to keep from my family of origin?

Take Away

What are the traditions, habits, rituals, behaviours and values I do not want to keep from my family of origin?

Combined

What are some of the traditions, habits, rituals, behaviours and values we want to have in the family we are creating together?



Who Am I

Who Am I

Write down what you both decided to keep in your new family system. This may require a win-win compromise conversation with your Gottman therapist.

Who Are We