



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?

Now write down what you want to keep individually.



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