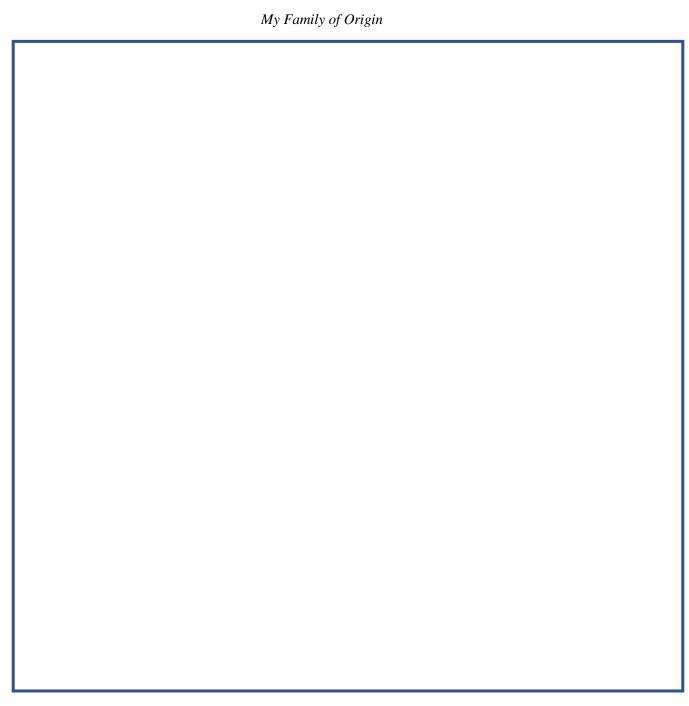


## "Living the Promise" Catholic Enrichment Series

## Family of Origin Reflection Exercise

In the *Family of Origin* video that you just viewed, Winston and Dinah Perez shared the differences and similarities of their *Families of Origin* and the impact they had on their lives. It is important that you take time to reflect and share your own *Families of Origin*, and the positive and negative influences they have had on your marriage and family life. In this way, you as a couple, can choose what positive behaviors, traditions and role models you want to keep and what negative ones you want to eliminate.

Find some pictures of your childhood and your Family of Origin or draw a picture below. Start with your parents and siblings and add additional people who have influenced your life: e.g.: grandparents, relatives, family friends, etc.



## **Reflection Questions:** Growing up, the person I: was closest to was: had the most conflict with was: communicated most effectively with was: In my *Family of Origin*, the person: in charge of discipling the children was: most responsible for decision making was: responsible for financial decisions was: \_\_\_\_\_\_ Winston and Dinah spoke about the Family Traditions that meant the most to them. The Family of Origin tradition I most treasure and want to bring to our family is: List two behaviors from your Family of Origin that you do not want to bring to your marriage: List two behaviors from your Family of Origin that you want to bring to your marriage: What challenges do the differences in your Families of Origin create in your marriage that you need to

After you and your spouse fill out the exercise and reflect on your answers, share them with each other.

discuss?