



“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.

My Family of Origin

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 disciplining 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 discuss?

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