



Family Dynamics Worksheet

Whether we know it or not, the families we grew up in helped shape our view of ourselves, other people, and the world around us. Children come ready to believe what they are told, and depending on our family dynamics, certain ways of being, certain ideas, and certain fears get instilled in us as children.

We often spend some portion of our life challenging and pushing back against the family, even if it's just in our own mind, but ultimately we will have to come to some sort of resolution if we hope to build a family of our own. If we don't, whatever baggage we inherited will simply get passed on to our romantic partners and, if we choose to have them, our children.

**There are many different theories about families and their functions and dysfunctions.
For this exercise will explore Attachment Theory.**

Watch this video to learn about what impacts our connection to our parents when we are children.

<https://youtu.be/Xy57UpKRNEo>

Watch this video to learn about Attachment Theory and what makes us able to connect with others when we are adults.


<https://youtu.be/WjOowWxOXCg>

Record your thoughts and feelings as you watch these videos?

Who lived in your household(s) in the first 5 years of your life?


How deeply did you attach to the following people in your first five years?

Mother




A horizontal row of nine circles representing an attachment scale. From left to right: a solid black circle with a sad face (two dots for eyes, a downward curve for a mouth); four empty white circles; a circle with a neutral face (two dots for eyes, a horizontal line for a mouth); three empty white circles; and a solid black circle with a happy face (two dots for eyes, an upward curve for a mouth).

Father



A horizontal row of nine circles representing an attachment scale. From left to right: a solid black circle with a sad face (two dots for eyes, a downward curve for a mouth); four empty white circles; a circle with a neutral face (two dots for eyes, a horizontal line for a mouth); three empty white circles; and a solid black circle with a happy face (two dots for eyes, an upward curve for a mouth).

Older Sister(s)



A horizontal row of nine circles representing an attachment scale. From left to right: a solid black circle with a sad face (two dots for eyes, a downward curve for a mouth); four empty white circles; a circle with a neutral face (two dots for eyes, a horizontal line for a mouth); three empty white circles; and a solid black circle with a happy face (two dots for eyes, an upward curve for a mouth).

Older Brother(s)



Younger Sister(s)



Younger Brother(s)



Older Cousin(s)



Younger Cousin(s)



Mother's Mother



Father's Mother



Mother's Father





Father's Father



Great-Grandparents



Mother's Sister(s)



Father's Sister(s)



Mother's Brother(s)



Father's Brother(s)



Nanny



Daycare Teacher(s)



Other Adult _____



Other Adult _____



Other Child _____



Other Child _____





How do you feel after filling in these scales?

What was your family's biggest stressor in your first five years?

Explore how that impacts you today.

What can you do to support attachment with the people you love today? Be specific.