

Write Your Family History

Draw the family together and develop a family history. As stories are exchanged and information is collected, encourage each family member to reflect on what being a member of this family means. Once the history is well in place, answer the following questions:

1. What major changes have occurred in your family?
2. What impact did these changes have on the family?
3. How did individual members react to these changes?
4. What are the positive patterns in your family?
5. What patterns would you like to change?