

Writing “My Story” Resources for “The Family World”

THE FAMILY WORLD — Where do I fit?

We are born into a family. To survive and thrive in that family, we act in certain ways, trying to fit in and be safe. We are scripted into roles, and we play with them all of our lives.

Some roles we learn to play in our family might be:

The smart one

The quiet one

The clown

The rescuer of the family

The mediator, go-between

The one who messes up

The passive one

The good listener

The therapist

Create a Family Tree and Written History in “My Story”

Include your family tree, including your parents, grandparents and great-grandparents. Share memories you have experienced or heard about from your family about your parents and grandparent’s families. Write down any family trends, or family outcasts, in personalities, traits, habits, beliefs, values, views, attitudes, and more. Where does your family immigrate from and when? Is your family close to each other or distant, both socially and geographically? Does your family have family reunions? How often, who coordinates them and where are they held? Do you enjoy spending time with your family? Why or why not?

<p>1</p> <p>_____</p> <p>Birth date and place</p> <p>_____</p> <p>Marriage date and place</p> <p>_____</p> <p>Death date and place</p> <p>_____</p> <p>Spouse/Partner</p>	<p>2</p> <p>_____</p> <p>Birth date and place</p> <p>_____</p> <p>Marriage date and place</p> <p>_____</p> <p>Death date and place</p>	<p>4</p> <p>_____</p> <p>Birth date and place</p> <p>_____</p> <p>Marriage date and place</p> <p>_____</p> <p>Death date and place</p> <p>5</p> <p>_____</p> <p>Birth date and place</p> <p>_____</p> <p>Death date and place</p>	<p>8</p> <p>_____</p> <p>Birth date and place</p> <p>_____</p> <p>Marriage date and place</p> <p>_____</p> <p>Death date and place</p> <p>9</p> <p>_____</p> <p>Birth date and place</p> <p>_____</p> <p>Death date and place</p>	<p>10</p> <p>_____</p> <p>Birth date and place</p> <p>_____</p> <p>Marriage date and place</p> <p>_____</p> <p>Death date and place</p> <p>11</p> <p>_____</p> <p>Birth date and place</p> <p>_____</p> <p>Death date and place</p>	<p>12</p> <p>_____</p> <p>Birth date and place</p> <p>_____</p> <p>Marriage date and place</p> <p>_____</p> <p>Death date and place</p> <p>13</p> <p>_____</p> <p>Birth date and place</p> <p>_____</p> <p>Death date and place</p>	<p>14</p> <p>_____</p> <p>Birth date and place</p> <p>_____</p> <p>Marriage date and place</p> <p>_____</p> <p>Death date and place</p> <p>15</p> <p>_____</p> <p>Birth date and place</p> <p>_____</p> <p>Death date and place</p>
<p>3</p> <p>_____</p> <p>Birth date and place</p> <p>_____</p> <p>Death date and place</p>	<p>6</p> <p>_____</p> <p>Birth date and place</p> <p>_____</p> <p>Marriage date and place</p> <p>_____</p> <p>Death date and place</p> <p>7</p> <p>_____</p> <p>Birth date and place</p> <p>_____</p> <p>Death date and place</p>	<p>_____</p> <p>Birth date and place</p> <p>_____</p> <p>Death date and place</p>				

By: _____

Date: _____