

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

Dr. Michael Obsatz

Storytelling in small groups or through personal reflection. One by one, each person shares their answer to the first prompt below. Then go to next question and so forth. A person can pass.

1. Share about “where do you fit” in your family world.

(parents, childhood, family, education, community, status, titles, etc.)

2. Tell a story about the role you play(ed) in your family.

(choose one of the above roles if one speaks to you)

3. Share an experience of feeling like you “fit in” or “did not fit in” in your family.