

**The following questions are designed for self-reflection, guiding you to think about your life experiences. Write responses to each of the following questions. Your responses can be as long or as short as you like.**

1. What was your role in your family?
2. Were there any connections or bonds that were made within your family? For example, did either of your parents have a “favorite” child?
3. Did you feel connected to your parents or as though you belonged to them?
4. Did either of your parents use you to fulfill their own emotional needs?
5. Did your parents support your explorations and interests outside the home? Did they support your independent identity?
6. Did you feel like you needed to take care of yourself as child? Were your parents unavailable to meet your needs?
7. What was your first experience with death? What do you remember from around this time?
8. Have you ever had the feeling that someone could “save” you (perhaps a parent, child or romantic partner)?