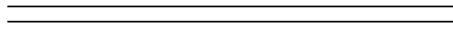


## Primary Family Dynamic

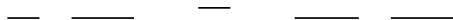
Put members of your childhood family / household around an imaginary circle. (squares for male and circles for female)  
Then draw a line between each member and every other member to show the relationship (as you perceived it) using the key below.



Strong / close / intimate



Good / OK / stable



Weak / nominal / impersonal



Difficult / strained / stormy

*What do I notice about this web of relationships?  
How would I describe the overall picture?*

*Write three descriptive words for each person?  
How did (do) I relate to each individual?*

*How did (do) I relate to the whole group?  
What patterns of behaviour did (do) I adopt?  
What 'role' do I play (eg peacemaker / joker / carer /  
organiser / irritator / etc...)*

*What was (is) comfortable for me?  
What was (is) most difficult / uncomfortable?  
What would I like to change?  
What relational challenges am I facing today?*

## Further explorations

Do you think the other members would draw the diagram the same way ?  
How might they see it differently?

Have there been any major changes that have occurred in this group?  
What effect has this had?

If married : what does my spouse's family dynamic look like?  
How might this effect our relationship and communication?

What other groups do I belong to?  
What 'roles' and patterns of behaviour do I tend to adopt in them?