

Family Dynamics Worksheet

Make the rules & Follow them:

Set your boundaries and never try to diffuse them. Your rules and boundaries are a way of respecting your relationship. So try to follow your boundaries. Write down some of the boundaries that your family follows

- 1.
- 2.
- 3.
- 4.
- 5.

Know your Boundaries

Common House Rules that you have to follow:

What is your role in the family?

What is your father's role?

What is your mother's role?

What is your brother's role?

What is your sister's role?