

Recognizing Family Narratives

Family narratives provide support for coping with upsetting events and recovering from conflict (Goldenberg, 2017).

Use the following worksheet to recognize the family narratives that explain and justify the structure and interactive patterns that exist within the family.

Ask the client to consider their family, and ask themselves the following questions (modified from Goldenberg, 2017):

<p>What family stories and keepsakes connect you and your family to the previous generation?</p>	
<p>How do you recognize conflict in your family (shouting, anger, withdrawing)?</p>	
<p>What roles are assigned within the family (father is the bossy one, daughter is the smart one, etc.)?</p>	
<p>What losses have the family faced, and what has been their effect (job, home, family members, etc.)?</p>	
<p>What religious, ethnic, or racial heritage does your family connect with, if any?</p>	

Does your family value its socioeconomic status? And has this position changed over the generations?	
What role does education play in your family?	
What role does achievement play within the family? (education, athletics, finance, etc.)	
Describe an important ritual observed by the family and explain its role?	

The constructs we form can enable, and also inhibit, how we cope with conflict and other life events within the family (Goldenberg, 2017).

References

- Goldenberg, I. (2017). *Family therapy: An overview*. New York: Cengage learning.

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