

Family Dynamics Worksheet

Name: _____ Gender: _____

Age: _____ Date: _____ dd / mm / yyyy

Family member type (e.g., parent, child, sibling):

Living arrangement:

☐ Living together full-time ☐ Living together part-time ☐ Living separately ☐ Other

This worksheet is designed to help understand family relationships, communication patterns, and dynamics from each member's perspective. Take your time to reflect on each question honestly. You can choose to keep your responses private or share them during family discussions.

ROLE IN THE FAMILY

How do you see your role in the family? Check all that apply:

- ☐ Peacemaker
☐ Problem solver
☐ Organizer
☐ Emotional support
☐ Comic relief

COMMUNICATION PATTERNS

Rate how often these occur (1 - never, 5 - always):

I feel heard when speaking:

☐ ☐ ☐ ☐ ☐
1 2 3 4 5

I can express disagreement safely:

☐ ☐ ☐ ☐ ☐
1 2 3 4 5

I understand others' perspectives:

☐ ☐ ☐ ☐ ☐
1 2 3 4 5

I feel comfortable sharing feelings:

☐ ☐ ☐ ☐ ☐
1 2 3 4 5

FAMILY TIME

What are your favorite ways to spend time with family?

What activities would you like to do more of together?

STRESS AND SUPPORT

How you feel during family conflicts?

How you cope with family stress?

What makes you feel supported?

GROWTH AREAS

Complete these sentences:

1. I wish my family knew that I:

2. I could improve our relationships by:

3. I appreciate when my family:

What three words describe your ideal family dynamic?

List one small change you can make this week to improve family relationships: