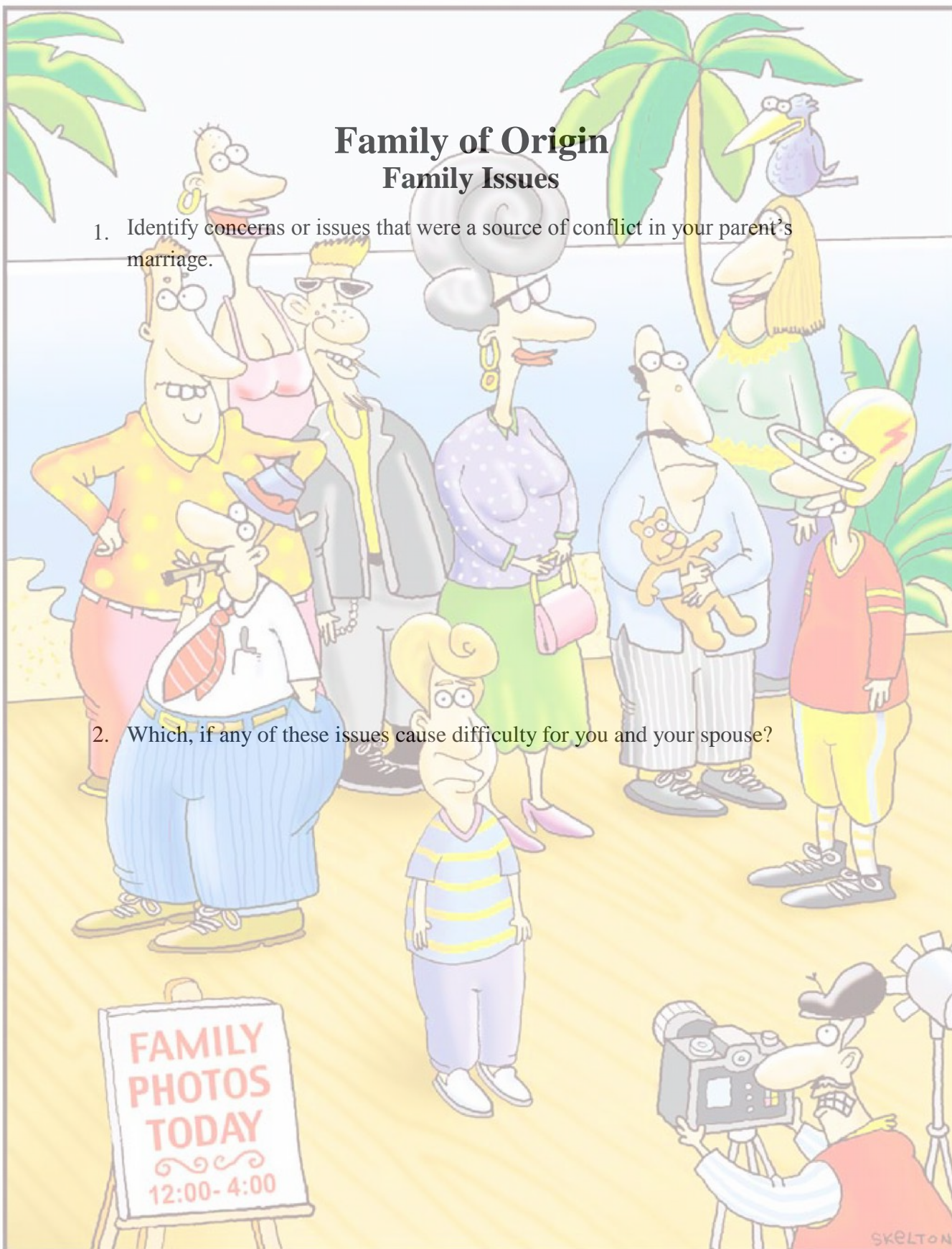


## Family of Origin Family Issues

1. Identify concerns or issues that were a source of conflict in your parent's marriage.

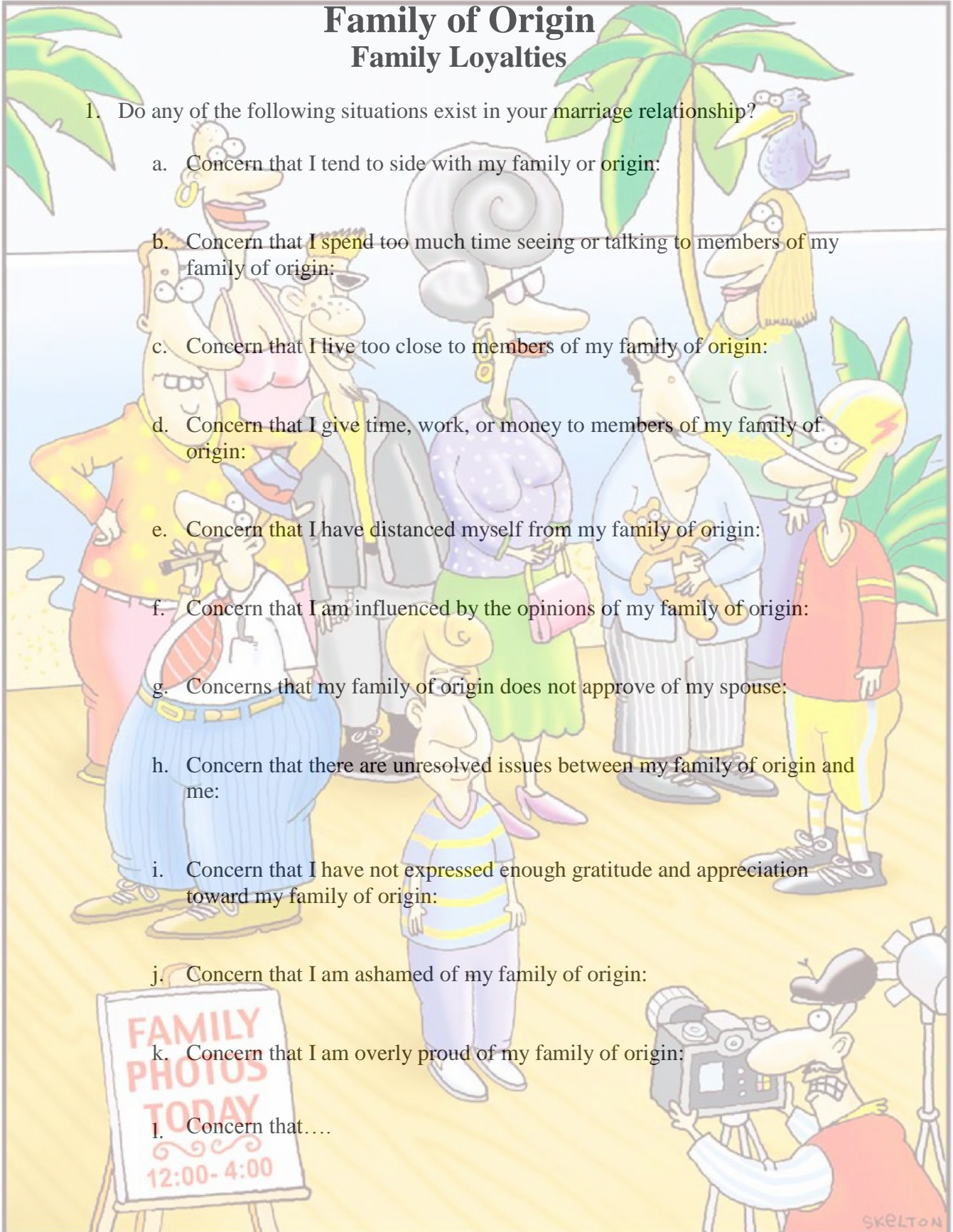
2. Which, if any of these issues cause difficulty for you and your spouse?





## Family of Origin Family Loyalties

1. Do any of the following situations exist in your marriage relationship?
  - a. Concern that I tend to side with my family or origin:
  - b. Concern that I spend too much time seeing or talking to members of my family of origin:
  - c. Concern that I live too close to members of my family of origin:
  - d. Concern that I give time, work, or money to members of my family of origin:
  - e. Concern that I have distanced myself from my family of origin:
  - f. Concern that I am influenced by the opinions of my family of origin:
  - g. Concerns that my family of origin does not approve of my spouse:
  - h. Concern that there are unresolved issues between my family of origin and me:
  - i. Concern that I have not expressed enough gratitude and appreciation toward my family of origin:
  - j. Concern that I am ashamed of my family of origin:
  - k. Concern that I am overly proud of my family of origin:
  - l. Concern that....



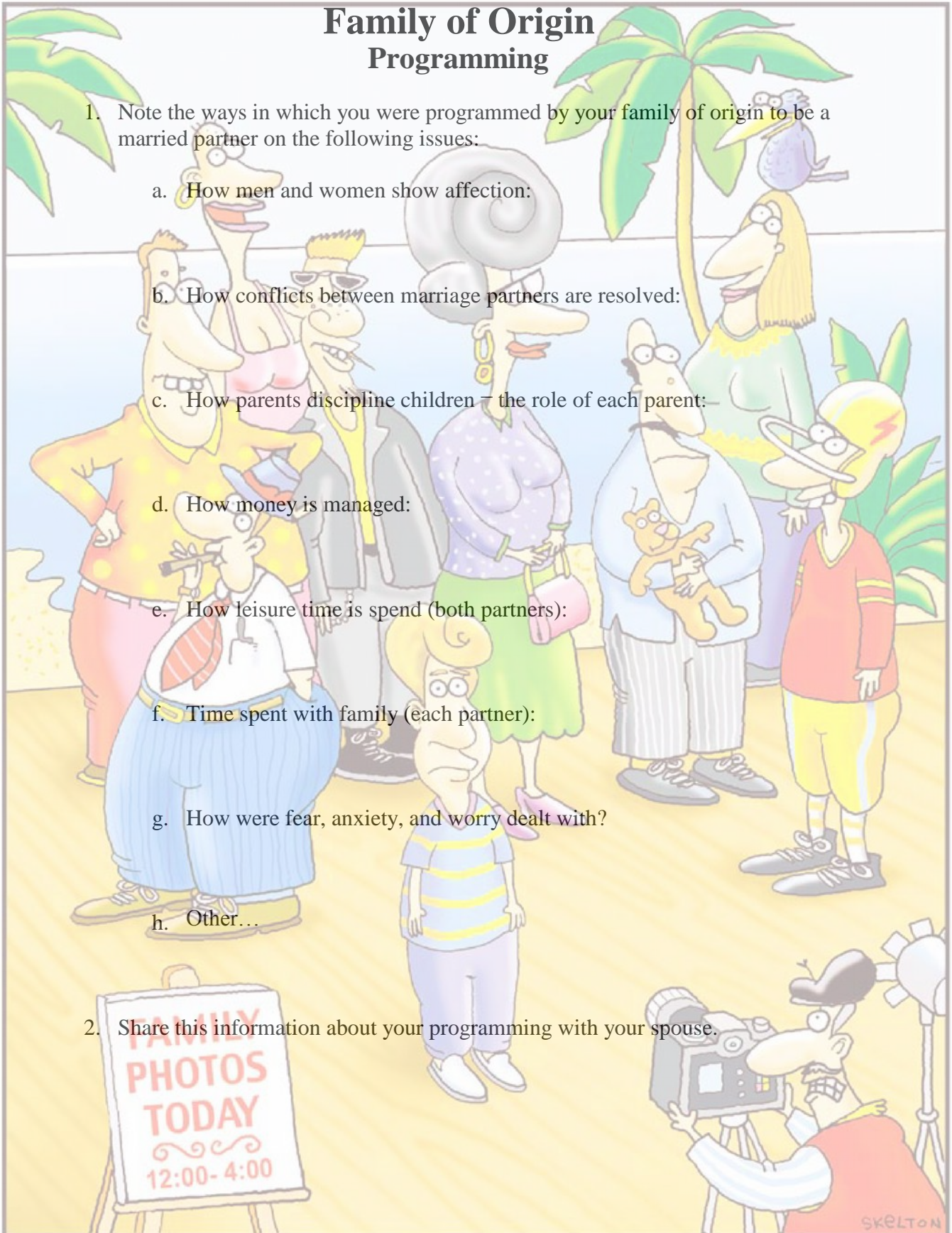


## Family of Origin Programming

1. Note the ways in which you were programmed by your family of origin to be a married partner on the following issues:

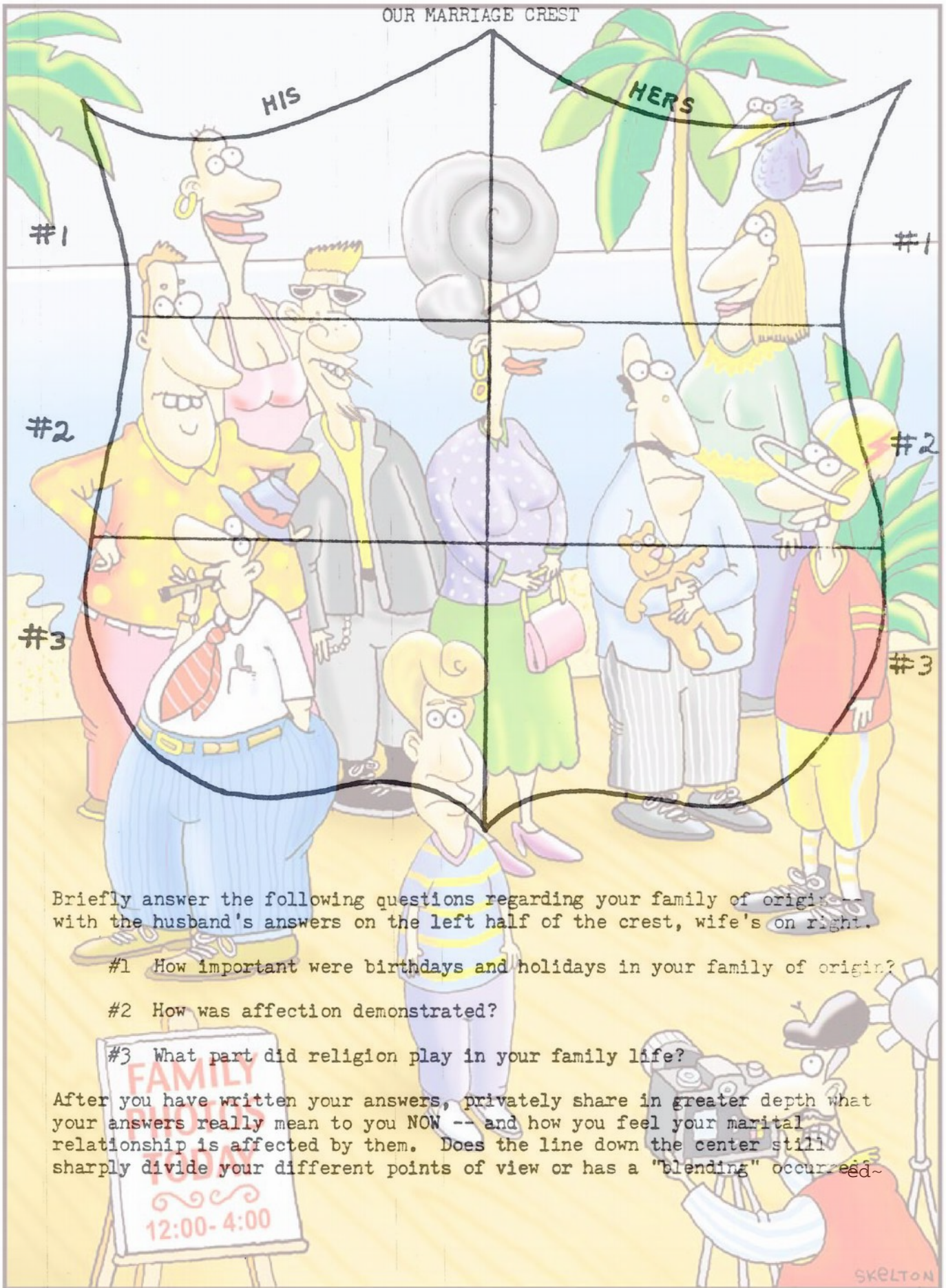
- a. How men and women show affection:
- b. How conflicts between marriage partners are resolved:
- c. How parents discipline children – the role of each parent:
- d. How money is managed:
- e. How leisure time is spend (both partners):
- f. Time spent with family (each partner):
- g. How were fear, anxiety, and worry dealt with?
- h. Other...

2. Share this information about your programming with your spouse.





OUR MARRIAGE CREST



Briefly answer the following questions regarding your family of origin -- with the husband's answers on the left half of the crest, wife's on right.

- #1 How important were birthdays and holidays in your family of origin?
- #2 How was affection demonstrated?
- #3 What part did religion play in your family life?

After you have written your answers, privately share in greater depth what your answers really mean to you NOW -- and how you feel your marital relationship is affected by them. Does the line down the center still sharply divide your different points of view or has a "blending" occurred?

12:00-4:00

SKELTON