MY FAMILY

A place to explore what family means to me, who I consider family, and what makes us feel connected.

WHO I CONSIDER FAMILY

Who are the people, pets, or supports I think of as family?

WHAT MAKES SOMEONE FEEL LIKE FAMILY?

Love, trust, safety, fun, support, shared history, or something else?

MY FAMILY CIRCLE

Who is in my close circle right now?

FAMILY TO ME

What does family mean to me?

PEOPLE I CAN COUNT ON

Who helps me, listens to me, or shows up for me?

FAMILY TRADITIONS / THINGS WE DO

What routines, celebrations, meals, activities, or little moments matter to me?

WHAT I VALUE IN FAMILY

What matters most to me in a family?

- [ ] Kindness
- [ ] Honesty
- [ ] Respect
- [ ] Safety
- [ ] Fun
- [ ] Support
- [ ] Faith / Culture
- [ ] Something else: _____

MY HOPES FOR FAMILY

What do I hope for in my family relationships?

ONE WORD FOR FAMILY

Family can look different for everyone — and it can include the people who love, support, and care for us.