

Love Makes a Family Exploration Worksheet:

Start with your family of origin, naming the following:

Parents/Guardians: _____

Grandparents: _____

Siblings: _____

Aunts/Uncles: _____

Cousins: _____

Others: _____

Significant friendships over the years that became like siblings:

Name any family you gained through marriage(s):

Spouse/Partner: _____

Children: _____

Significant family members of your spouse/parents: _____

Others: _____

Florida Family:

Neighbors: _____

Significant church members: _____

People who are more than acquaintances: _____

Any meaningful connection missing? _____

Now, go back through and name/notice some of the emotions connected to each ~ knowing that our emotions are complex and contradictory. We can both love someone and be angry at them.

Feel free to draw a tree with strong/weak limbs or make a chart like the one below:

Example:

Relationship	Name	Emotion Evoked	Other notes
Dad			
Mom			
Grandparents			
Siblings			
Uncle			
Aunt			
Cousins			
Wife			
Children			
Friends			

What were the gifts of your family of origin? What did you learn growing up?
In what communities or situations have you most deeply felt that you belonged?
Who has helped shape you simply by being themselves?
How have repentance and forgiveness restored belonging?