

# How I was Raised

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Below, you will find a list of behaviors for which most families have opinions. Read each phrase and then complete it describing how your family viewed this item. Next, determine if you think that pattern of behavior was healthy (indicate with an "H") or unhealthy (indicate with an "U"). An example is given to you.

**Please complete this individually and bring it with you to your weekend seminar where you will discuss this.**

1. Getting my homework done (U) *I couldn't do anything with my friends until all my work was done and my mom checked it over.*

2. Being "on time" ( ) \_\_\_\_\_  
\_\_\_\_\_

3. Political Debates ( ) \_\_\_\_\_  
\_\_\_\_\_

4. Spending time with friends ( ) \_\_\_\_\_  
\_\_\_\_\_

5. Spending time with friends ( ) \_\_\_\_\_  
\_\_\_\_\_

6. Being sick ( ) \_\_\_\_\_  
\_\_\_\_\_

7. Physical affection ( ) \_\_\_\_\_  
\_\_\_\_\_

8. Emotional Support ( ) \_\_\_\_\_  
\_\_\_\_\_

9. Being punished ( ) \_\_\_\_\_  
\_\_\_\_\_

10. Eating meals ( ) \_\_\_\_\_  
\_\_\_\_\_

11. Abusive language/frequent yelling ( ) \_\_\_\_\_  
\_\_\_\_\_

12. Credit Card Usage ( ) \_\_\_\_\_  
\_\_\_\_\_

13. Regular Exercise ( ) \_\_\_\_\_  
\_\_\_\_\_
14. Physical/Emotional Abuse ( ) \_\_\_\_\_  
\_\_\_\_\_
15. Learning about the "facts of life" ( ) \_\_\_\_\_  
\_\_\_\_\_
16. Rules for dating ( ) \_\_\_\_\_  
\_\_\_\_\_
17. Genital Sexual Expression before marriage ( ) \_\_\_\_\_  
\_\_\_\_\_
18. Smoking/drinking/drugs ( ) \_\_\_\_\_  
\_\_\_\_\_
19. Regular medical/dental check-ups ( ) \_\_\_\_\_  
\_\_\_\_\_
20. Divorce ( ) \_\_\_\_\_  
\_\_\_\_\_
21. Sexual Abuse ( ) \_\_\_\_\_  
\_\_\_\_\_
22. Death ( ) \_\_\_\_\_  
\_\_\_\_\_
23. Family Prayer ( ) \_\_\_\_\_  
\_\_\_\_\_
- 24 Sunday Worship ( ) \_\_\_\_\_  
\_\_\_\_\_
25. Parental Monitoring of Activities ( ) \_\_\_\_\_  
\_\_\_\_\_
26. Pornography ( ) \_\_\_\_\_  
\_\_\_\_\_

27. Post Secondary Education ( ) \_\_\_\_\_  
\_\_\_\_\_
28. Mental Illness ( ) \_\_\_\_\_  
\_\_\_\_\_
29. Use of media ( ) \_\_\_\_\_  
\_\_\_\_\_
30. Holiday traditions ( ) \_\_\_\_\_  
\_\_\_\_\_
31. Vacations ( ) \_\_\_\_\_  
\_\_\_\_\_
32. Recreation ( ) \_\_\_\_\_  
\_\_\_\_\_
33. Keeping Commitments ( ) \_\_\_\_\_  
\_\_\_\_\_
34. Family Size ( ) \_\_\_\_\_  
\_\_\_\_\_

***Additional Questions to Discuss*** \_\_\_\_\_

How often does your family gather and connect?

What was the best family celebration you can remember?

When your family had disagreements, how did reconciliation occur?

What are points of disagreement within your family?

How did your family support on another?

If you were to describe your family in three words, what would you say?



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