

Relapse Prevention Lessons

Worksheet: Parents And Children

√ Your family hot buttons:

List 3 traumatic family-related events of your childhood e.g. divorce, drug abuse:

- 1.....
- 2.....
- 3.....

List 3 things you still feel guilty about from your childhood even if they weren't your fault:
Omit this step if you don't feel guilty about anything

- 1.....
- 2.....
- 3.....

List 3 things that still get you angry at your parents:

- 1.....
- 2.....
- 3.....

√ Your Old Roles:

Role 1:.....
.....

Example:.....
.....

Role 2:.....
.....

Example:.....
.....

√ Your expectations:

List 3 things you expect from yourself in the family:

- 1.....
 - 2.....
-

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3.....

List 3 things you expect from others in the family:

1.....

2.....

3.....

List 3 things you think the rest of the world expects from you:

1.....

2.....

3.....

√ Recognize your parents are complex and contradictory beings. As you go through the following qualities write down a “yes” for each attribute you might consider giving your parents credit for.

Yes	Attribute of Your Parents	Yes	
	Show affection		Love my kids
	Have achieved important things in the face of adversity		Make few demands of me
	Expect great things from me		Have a social consciousness
	Can be a lot of fun		Have a good sense of humour
	Have great taste		Never give up
	Are proud of me in their own way		Have dignity and pride
	Give me room to breathe		Are always there for family members
	Are cultured/well read/politically aware		Take care of themselves
	Stand up for themselves		Put their needs aside to raise a family
	Are generous		Want me to be happy
	Add Your Own Descriptions:		Add Your Own Descriptions:
.....	Total # of Yes's: A balanced view of your parents will assist you in managing your hot buttons.		