

Exercise S1.1 Family of Origin Analysis

In this analysis we identify the struggles of family members, to the extent we are aware of them. The struggles could include:

- chemical addiction (drugs, alcohol, prescription drugs, etc.),
- compulsive or addictive behaviors (gambling, overeating, overspending, religiosity, sexual activity, etc.),
- emotional instability (depression, bipolar disorder, etc.), or
- extreme character defects (anger, rage, etc.)

We may have in-depth personal knowledge or only a general awareness as shared by others, even at some later point in time.

After we list each person and their struggle(s), we give a specific example of how this struggle(s) manifested in their lives and how it might have affected us emotionally, physically, or developmentally.

The purpose of analyzing our family of origin is to gain understanding on how we became a broken individual. We do not analyze our family wounds so that we can blame family members for our current problems. In recovery, we become healthy enough to get to a point of taking responsibility for our poor choices as an adult, rather than blaming our circumstances on someone else.

We will use 3 tables to organize our review: Father, Mother, Siblings. Step-relatives may be included in your lists and should be identified as *step-relationship*.

Relationship	Name	Struggle(s)	Example and Effects of Struggle(s)
Father			
Grandfather			
Grandmother			
Uncle(s)			
Aunt (s)			
Cousin(s)			

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Relationship	Name	Struggle(s)	Example and Effects of Struggle(s)
Mother			
Grandfather			
Grandmother			
Uncle(s)			
Aunt (s)			
Cousin(s)			

Relationship	Name	Struggle(s)	Example and Effects of Struggle(s)
Brother 1			
Brother 2			
Brother 3			
Sister 1			
Sister 2			
Sister 3			