

Family Systems Discussion Questions – Role _____

My family needed me to..... (Family expectation)

I learned that my value came from..... (Internal belief)

People expected me to be..... (Public identity)

What they didn't see was..... (Hidden reality)

What I needed most was..... (Unmet need)

Family Systems Discussion Questions – Role_____

In recovery, how am I showing up differently in the family?

In recovery, what does the family gain from my gifts?

What pushback, if any, might I get from the family in my recovery?

How can I manage pushback when I'm trying to show up differently?

What kind of life is possible if this role remains in recovery?
