exercise for understanding your story.
Complete this exercise on a piece of poster board.

family rules

1.
2.
3.
4.

mission

use words to describe the mission or “marching orders” you got from your family & trauma experiences.
example: I must be “perfect” or “no one will meet my needs.”

father

use descriptive words, both positive & negative. Also describe adoptive fathers or step fathers.

mother

use descriptive words, both positive & negative. Also describe adoptive mothers or step mothers.

family roles

1.
2.
3.
4.

draw only pictures inside of the egg.

start at the bottom with your earliest memory.

then “grow yourself up” using pictures to describe significant events in your life. Especially ones of abuse or abandonment. Be sure to include all sexual experiences and all romantic relationships.