

Family Story Worksheet

Every family goes through tough times, but we all still have something we can do to rally together and get through to better days. We know it gets hard to talk about the best parts of us & the parts that may need some help. So please, Fill in this worksheet so we can begin to discuss where the family is now, tools you already have, and how to make better days a reality for your family.

All About Me:

The thing I do best is...	
3 Things that make me feel calm...	
My best friend is...	
Some activities I always wanted to try are...	
The most important thing I own is...	
When I was a kid, I always want to be...	
This is who call when I need help...	
My brother(s)/Sister(s) names are...	
My favorite thing to do with a family member is...	
I feel safest when...	
My biggest goal in life is to...	

All About My Values:

Growing up my family thought about school as...	
Growing up my family thought about punishment as...	
What is important to know about my family's history is...	
What makes me proud about my family is...	
My family handles stress by...	