

*Family-of-Origin
Assessment*

Heather Moore Coaching
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Welcome, I am glad that you have decided to invest in yourself and do the necessary work to decrease your struggles and increase your joy and fulfillment in life.

There are three exercises in this assessment that are meant to help you understand yourself more and start to deconstruct and map your experiences to that of your family-of-origin.

Do the best you can with them. These exercises will not be graded or critiqued, these are simply to help you organize your life's narrative. Any aspects that you find difficult or unsure of can be discussed with me in session.

The exercises are:

- 1) Values Assessment
- 2) Timeline of Your Life
- 3) Mapping Caregiver Patterns

Take your time and enjoy the process of getting to know more about yourself.

Best of Luck

Heather ✨ ✨

Let's Get Clear on Your Values

Values play an important role in the healthy relationships we have with other people and ourselves. The more clear we are on what our values are the easier it is to identify our boundaries and when things do not feel good to us. Use the following list to identify your values.

Choose your top 10-15 values and then from that list, identify your top 5 "DEAL BREAKERS." Deal Breakers are those values that if crossed or violated are not tolerated.

ACCEPTANCE	FREEDOM	REFLECTIVE
AUTHENTICITY	GROWTH	RESPECT
ACHIEVEMENT	HAPPINESS	RESPONSIBILITY
ACCOUNTABILITY	HONESTY	SECURITY
ADVENTURE	HUMOR	SELF-RESPECT
AUTONOMY	HARMONY	SERVICE
BALANCE	INTEGRITY	SPONTANEOUS
BEAUTY	JUSTICE	SPIRITUALITY
BOLDNESS	KINDNESS	STABILITY
COMPASSION	KNOWLEDGE	TRUSTWORTHY
COMMUNITY	LEADERSHIP	TRUTH
CREATIVITY	LEARNING	UNIQUENESS
CURIOSITY	LOVE	WISDOM
DETERMINATION	LOYALTY	-----
FAIRNESS	MONOGAMY	-----
FAITH	OPENNESS	-----
FIDELITY	OPTIMISM	-----
FAMILY	PEACE	-----

Let's Get Clear on Your Boundaries

Boundaries play an important role in the healthy relationships we have with other people and ourselves. Boundaries teach others how we want to be treated. Healthy and strong boundaries are a foundation to healthy relationships. Use the values you identified in the last exercise to create boundaries.

There are three (3) important components to a healthy boundary: 1) state and rebuke the behavior that you want to see changed, 2) state the behavior that you want to see instead, and 3) set the consequence if the behavior is not changed.

Example:

1) It doesn't feel good to me when you talk over me and not listen to what I am saying.
2) I would like for you to listen to me and respect what I am saying. 3) If you continue to talk over me, then I will stop this conversation and walk away.

Now you try!

1) It doesn't feel good to me when you _____.
2) I would like for you to _____
and 3) if you continue to _____, then
I will _____.

1) It doesn't feel good to me when you _____.
2) I would like for you to _____
and 3) if you continue to _____, then
I will _____.

1) It doesn't feel good to me when you _____.
2) I would like for you to _____
and 3) if you continue to _____, then
I will _____.

1) It doesn't feel good to me when you _____.
2) I would like for you to _____
and 3) if you continue to _____, then
I will _____.

Keep Practicing on Your Boundaries

1) It doesn't feel good to me when you _____.
2) I would like for you to _____
and 3) if you continue to _____, then
I will _____.

1) It doesn't feel good to me when you _____.
2) I would like for you to _____
and 3) if you continue to _____, then
I will _____.

1) It doesn't feel good to me when you _____.
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Creating A Timeline of Your Life

The very first step in mapping patterns is to create a timeline or narrative of your life's events, circumstances and adversity. For the following exercise, write out any experiences that you consider a major event that you still hold negative feelings or memories of. For example, maybe you had a scary accident when you were eight years old or maybe you had a divorce when you were 25 years old. Make a list or outline of your life experiences so you have a place to start mapping your viral patterns. We will then create timelines for your mother and father (as best you can).

Birth to 5 years old:

6 years to 10 years old:

11 years to 15 years old:

16 years to 20 years old:

21 years to 25 years old:

26 years to 30 years old:

31 years to 35 years old:

36 years to 40 years old:

41 years to 45 years old:

46 years to 50 years old:

Your Mother's Timeline of Life

Next, create a timeline for your mother's life experiences. This may require you to have a conversation with your mother if you still relate to her. This may require you to talk with family members to learn more about her story if you are not able to ask her directly. Some circumstances will require you to have limited or minimal knowledge of your mother's experiences. Just do the best you can to gather as much information as you can about your mother's life experiences.

Birth to 5 years old:

6 years to 10 years old:

11 years to 15 years old:

16 years to 20 years old:

21 years to 25 years old:

26 years to 30 years old:

31 years to 35 years old:

36 years to 40 years old:

41 years to 45 years old:

46 years to 50 years old:

Your Father's Timeline of Life

Next, create a timeline for your father's life experiences. This may require you to have a conversation with your father if you still relate to him. This may require you to talk with family members to learn more about his story if you are not able to ask him directly. Some circumstances will require you to have limited or minimal knowledge of your father's experiences. Just do the best you can to gather as much information as you can about your father's life experiences.

Birth to 5 years old:

6 years to 10 years old:

11 years to 15 years old:

16 years to 20 years old:

21 years to 25 years old:

26 years to 30 years old:

31 years to 35 years old:

36 years to 40 years old:

41 years to 45 years old:

46 years to 50 years old:

Family of Origin Patterning

The goal of this exercise is to connect your current life struggles with patterns of experience within your family-of-origin. In the space provided, list aspects of your life that you struggle with then try to identify which parent/caregiver share the same or similar struggles. For example, money struggles may remind you of father issues or experiences or relationship struggles may bring forward mother experiences. Include a few words or a description that comes to mind when you think of the struggle in relation to your parent/caregiver.

Your Current Struggle

Caregiver Connection

Family of Origin Patterning

Your Current Struggle

Caregiver Connection
