

ADAPTATION FROM LOVE HABITS BY MARCI BELL, MA, LPC

Activity 10-4: Family-Of-Origin Impact Questions. *The following questions will provide an enhanced understanding of issues from your past that are impacting you and your partner today. After each item ask, "How is this impacting our marriage today?"*

1. What did your parent's marriage teach you about marriage in general?
2. What did you learn about marriage during your formative years?
3. What do you believe the role of a husband/father is based on what you learned from the male role models of your childhood?
4. What do you believe the role of a wife/mother is based on what you learned from the female role models of your childhood?
5. What did you learn about how couples handle parenting, finances, intimate relations, communication, and conflict?

Did you see your parents fight? Did you see them resolve conflict? If so, how?

How did your parents handle their finances?

How did your parents relate to each other physically/sexually?

What style of communication did your parents have?
6. What about your parents' marriage would like to avoid in your marriage?
7. In your own marriage, are you more like your mother or father?
8. Does your partner's personality remind you more of your mother or father?
9. What was your role in your family-of-origin (i.e. scapegoat, smart one, golden child, trouble-maker, etc.)? In what ways are you still playing this role today?
10. List the most difficult and frustrating things you experienced in your childhood? What was your most difficult age(s), and why?
11. What are the best qualities, traits, and examples taught to you by your FOO?
12. What qualities, traits, and examples weren't present in your FOO that you wish would have been modeled and taught to you? If your parents could have been different, in what area/ways would you have liked them to be different?
13. Who in your FOO was the most difficult for you to get along with? Identify your most difficult relationship from childhood? Why was this relationship so difficult?
14. What behaviors did you see from your parents that you didn't like? Do you ever exhibit those behaviors? Does your partner ever exhibit them?
15. How do you see yourself based on your early experiences with your FOO?

PARTNER'S
ASSIGNMENT

DISCUSS ACTIVITY
10-4 WITH YOUR
PARTNER.

FOR EACH
QUESTION, DISCUSS
HOW THESE
EARLY EXPERIENCES
ARE IMPACTING
YOUR MARRIAGE
TODAY.