

## Study/Discussion Questions for "What's A Family For?"

Describe the strengths of the family you grew up in.

What kind of a learning lab was your family during your childhood and teenage years? Describe both the good and bad. In your idealized vision of what a family should be what would you have changed?

Where do any healthy or unhealthy aspects of your early family life continue to influence the way you deal with relationships or life's issues and pressures?

Describe how your family had fun. What do you like to do for fun in your present family?