

Feelings in the Family & Now

By John Williams, LMHC

Answer these questions about your childhood family, and the present.

Mad

- 1) *When you think about anger, what words come to mind? List 5 or so.*
- 2) *When you were a child, how did your parents and other family members view anger? Was it accepted as normal, or condemned as bad, or freely expressed often?*
- 3) *Were adults allowed to express anger but children were not?*
- 4) *What were you taught about men and anger?*
- 5) *If you got angry, what were you supposed to do with it?*
- 6) *How did you handle your anger, as a child? As a teenager? Was porn involved?*
- 7) *How do you usually handle angry feelings now?*

Sad

- 1) *When you think about sadness, what words come to mind? List 5 or so.*
- 2) *How did your parents and other family members view sadness and tears?*
- 3) *What were you taught about men and sadness and tears?*
- 4) *Did anyone notice when you were sad? If so, how did they respond?*
- 5) *How did you handle sadness as a young person? Was porn involved?*
- 6) *How do you usually handle sad feelings now?*

Glad

- 1) *When you think about gladness, what words come to mind? List 5 or more.*
- 2) *How was happiness and laughter viewed in your childhood family? How about excitement?*

- 3) *What did you do when you were happy or wanted to celebrate as a child and teenager?*
- 4) *How do you usually handle happy feelings now? The desire to celebrate?*

Scared

- 1) *When you think about feeling afraid, what words come to mind? List 5 or more.*
- 2) *How did your parents and other family view being scared, nervous, stressed?*
- 3) *Were you allowed to express fear or that you felt tense?*
- 4) *Did anyone notice when you were afraid? If so, what did they do?*
- 5) *What were you taught about men and fear?*
- 6) *How did you handle being afraid, tense, or stressed as a young person? Was porn involved?*
- 7) *How do you usually handle fear, tension and stress now?*

Lonely

- 1) *When you think about loneliness, what words come to mind? List 5 or so.*
- 2) *How did your parents and other family view loneliness and needing connection?*
- 3) *Did anyone notice when you looked lonely or needing more contact?*
- 4) *How did family respond when you reached out for connection?*
- 5) *What were you taught about men and needing connection?*
- 6) *How did you handle loneliness or wanting more contact with your parents or others? Was porn involved?*
- 7) *How do you usually handle loneliness now?*