

Family of Origin Information

Although we focus on solutions through Cognitive Behavioral Therapy (CBT), I Choose Change recognizes that sometimes we stay stuck due to issues that are rooted in our family of origin. This page is encouraged to help us better understand your family dynamics as a child.

In my growing up years, saying “no” meant ...

Today, saying “no” means ...

In my growing up years, saying “yes” meant ...

Today, saying “yes” means ...

In my growing up years, in order to be loveable I had to ...

Today, in order to be loveable, I have to ...

Being female in my family meant ...

Being male in my family meant ...

Being the (circle one) only, first, second, third female/male in my family meant ...

In order to be safe I had to...

In order to protect myself I have had to...