

What I Did Not Want

Describe Things You Did Not Want

Briefly describe “Things I got that I did not want” from your primary caregivers and siblings when you were growing up. Examples might be (a chaotic home, abuse, domestic violence, extreme poverty, rigidity, drug and alcohol use, etc

My primary caregiver

My primary caregiver

My siblings

My siblings

Other significant relatives

What I Wanted

Describe Things Wanted

Briefly describe “Things I wanted but did not get” from your primary caregivers and siblings when you were growing up. Examples might be: love, affection, support, encouragement, stability, etc.

My primary caregiver

My primary caregiver

My siblings

My half/step siblings

Other significant relatives
