

# Family Secrets Worksheet



## **Exercise: Mapping Your Family's Secrets** **Identify a secret and its origin within your family.**

Reflect on:

- The origin of the secret.
- Its impact on different family members.
- How it has influenced communication patterns over time.

Use the space below to write your responses:

## Reflection: Understanding and Healing

Reflect on how uncovering or addressing these secrets has shaped your view of your family.

Consider:

- How has learning about these secrets affected your view of your family?
- What steps can you take to foster openness and healing within your family?

Use the space below for your reflections: