

### The family interviews

The technique - Personal meeting with each of your parents, siblings, g-parents (and any other close and meaningful person in your family) "I need your help with an exploration I am conducting..." an expression of real and genuine wish to learn, to know. No arguments regarding answers (even if you disagree).

### The questions:

How was it to grow up in **your** family of origin? (the interviewee's family)

What was your impression of your parents' relationship when you were a child? and later?

Relationships between your parents and each of your siblings

What role was assigned to each member in your family?

What were Siblings' relationships like?

Was there any favorite child? Who?

How was caring expressed in your family?

How was love expressed?

How did family members show their **Consideration**?

(to parents, g-parents) any expectations of life? Disappointments? If possible what would you change or do differently?

If possible, try talk about myths in the family, secrets, values, boundaries, loyalties, legacies, death, mourning, loss.