

# Family Finding Guided Discussion

## Question #2

Why is family important?

### You might think about:

- Think back over the last six months on contact you've had with members of your family...your siblings, parents, children, aunts and uncles, grandparents, grandchildren, etc:
  - How often have you had contact with them?
  - Why did you talk or visit with them, and what did you say or do?
  - How does that contact make you feel?
  - Can you imagine your life without that contact?
- If something good happens to you who do you call?
- If something bad happens to you who do you call?
- If those people weren't in your life, who would you call?
- Think back to your childhood – who were the most important people in your life?
- How do you know who you are?
  - Do you know how you got your name?
  - Do you know where you got your hair color, height, build, sense of humor, eye color, etc.?
  - What are your family and cultural traditions?
  - Who do you spend holidays and birthdays with?

### Notes:

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(More space to write on back)

