

PARTICIPANT GUIDE

Laurel's Grief Center Estrangement Support Group Family Roles & Patterns Saturday, June 27 | 1:00 PM

Today's Theme

Many families develop patterns and roles that help them function during difficult times.

Sometimes those roles support us.

Sometimes they limit us.

Today is an opportunity to explore your story with curiosity and compassion.

Reflection Questions

My Family Role

What role did I play growing up?

Expectations

What was expected of me?

Family Messages

What messages did I receive?

Examples:

- Be strong
- Don't cry
- Keep the peace
- Put others first

My messages:



Looking at Patterns

What family patterns do I recognize now?

How have these patterns influenced my adult relationships?



Self-Compassion

What part of my younger self needs understanding today?



Then & Now Exercise

THEN

My role was:

The message I learned was:

NOW

The role I choose today is:

What I want for myself now is:

Gentle Reminders

- You are more than the role you were given.
 - Awareness creates choice.
 - Growth takes time.
 - You deserve relationships that honor who you are.
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Take With You

"I can honor where I came from while choosing who I want to become."

This topic usually generates some of the deepest discussions in estrangement groups because participants begin connecting childhood family dynamics with present-day relationship struggles. Be prepared for some powerful "aha" moments and a fair amount of grief as people recognize roles they've been carrying for decades.  

Now I would like a Reel script for this

Absolutely! This topic is perfect for a reel because almost everyone can relate to being assigned a role in their family without even realizing it.

Since your audience is often grieving, reflecting, and healing, I'd make it **gentle, thought-provoking, and inviting rather than clinical.**