

# **FAMILY PATTERN MAPPING WORKSHEET**

## **A GENTLE COMPANION FOR NOTICING THE EMOTIONAL SCRIPTS IN YOUR LINEAGE**

*Short note:*

This workbook is designed to sit beside your Behind the Mirror journaling. Use it to notice, name, and document recurring emotional patterns in your family story. There are no right answers here. Move at your own pace and skip anything that feels too sharp today.

### **HOW TO USE THIS WORKSHEET**

- Work in short sessions (10–20 minutes).
- Return to pages over time as new memories or insights surface.
- Use pen and paper, a tablet, or a digital notebook — whatever feels easiest to pick up.

You might:

- Read a Behind the Mirror post.
- Choose one page from this workbook that feels relevant.
- Fill in just a few lines, then let the rest unfold later.

This is mapping, not diagnosing. You're gathering clues, not issuing verdicts.

## EMOTIONAL CLIMATE SNAPSHOT

What is the overall emotional climate you associate with your family of origin?  
(Examples: tense but polite, loud and loving, quiet and distant, practical and calm, anxious and vigilant.)

Write a few words or phrases:

Who or what shaped that climate the most?  
List people, events, places, or beliefs:

What did you learn (explicitly or implicitly) about emotions in this climate?

## FAMILY RULES ABOUT FEELINGS

Complete the sentences below with whatever words come first. You can add nuance later.

|                                             |  |
|---------------------------------------------|--|
| In my family, <b>sadness</b> was:           |  |
| In my family, <b>anger</b> was:             |  |
| In my family, <b>fear</b> was:              |  |
| In my family, <b>joy</b> was:               |  |
| In my family, <b>asking for help</b> meant: |  |
| In my family, <b>saying “no”</b> meant:     |  |

Looking back, which of these “rules” still show up in your life today?  
Rewrite them below, in your own words:

# REPEATING STORYLINES

Think of the stories you heard often growing up — family legends, warnings, jokes, complaints.

List 3–5 stories or phrases that were repeated:

| Stories or Phrases | Underlying Emotion |
|--------------------|--------------------|
|                    |                    |
|                    |                    |
|                    |                    |
|                    |                    |
|                    |                    |
|                    |                    |

For each story, note the underlying emotional message.  
(Examples: “The world is dangerous,” “We always get through,” “Don’t trust outsiders,” “Love means sacrifice.”)

Which of these messages do you still carry in your body or choices today?

## ROLES AND SCRIPTS

Many of us learn unspoken roles early on — the caretaker, the fixer, the invisible one, the achiever.

As a child, I often felt like the: (circle or highlight anything that fits)

- Caretaker
- Peacemaker
- Problem child
- Achiever
- Invisible one
- Other: \_\_\_\_\_

Evidence or memories that support this:

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How does this role show up in your adult life (work, relationships, health)?

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If you imagine loosening this role by 10%, what tiny behavior might change first?

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## GENERATIONAL PATTERN MAPPING

Use this table to sketch patterns you see across (at least) three generations.  
You can adapt the columns as needed.

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| Pattern            | Grandparents | Parents | You / Siblings |
|--------------------|--------------|---------|----------------|
| Money worries      |              |         |                |
| Conflict style     |              |         |                |
| Emotional openness |              |         |                |
| Caregiving roles   |              |         |                |
| Work & rest        |              |         |                |
| Faith/spirituality |              |         |                |
| Belonging/outsider |              |         |                |

You can add more patterns (e.g., addiction, secrecy, humor, migration) on additional pages.

# MOMENTS THAT CHANGED THE SCRIPT

Sometimes one event shifts a family pattern — a move, a loss, a new opportunity, a crisis, a relationship.

List 3–5 “turning points” you know about in your lineage:

| Turning Points | Change in Emotional Climate | New Fears, Hopes, or Habits |
|----------------|-----------------------------|-----------------------------|
|                |                             |                             |
|                |                             |                             |
|                |                             |                             |
|                |                             |                             |
|                |                             |                             |

For each, ask:

- What changed in the family’s emotional climate after this?
- What new fears, hopes, or habits appeared?

Notes:

**INHERITED STRENGTHS**

Emotional inheritance isn't only about wounds. Families also pass down strengths.

List strengths you see in your lineage:

| Strengths                    | My Lineage | Myself |
|------------------------------|------------|--------|
| Resilience in hardship       |            |        |
| Humor in difficult moments   |            |        |
| Creativity or artistry       |            |        |
| Faith or spiritual grounding |            |        |
| Resourcefulness with little  |            |        |
| Other:                       |            |        |

Where do you see each one expressed in your relatives — and in yourself?

Which strengths do you consciously want to keep and nurture?

## BEHIND THE MIRROR PROMPTS

Choose one prompt at a time. Let your answers be honest, unfinished, and kind.

1. **What emotional pattern seems most consistent across your lineage?**  
Where do you feel it in your body?
2. **Which inherited strengths do you want to carry forward?**  
How might they look if they were less bound to old fears?
3. **If a future generation read this workbook, what would you want them to understand**  
about your efforts to notice and gently shift these patterns?

You can revisit this page as your understanding deepens.

## CLOSING

Family pattern mapping is ongoing work. This workbook is a snapshot, not a verdict. Each time you notice a script, you create a little more room for choice — for yourself and for the generations who come after you.

Set the pages down when you need to.  
Pick them up when you're ready.  
Your pace is part of your wisdom.