

Family Connection/Bond and Traditional Family Roles

Explore what family means to you and how it supports recovery. Remember family can be immediate, extended, clan, kiva, traditional, or chosen. Complete each question and continue the activity on the next page.



What does a healthy relationship, connection, or role look like to you?

What does support look like to you?

What needs does your family provide? Mark all that apply.

- Childcare
- Financial support
- Love and acceptance
- Housing
- Transportation
- Other: _____

- Elder guidance
- Ceremonial guidance and teachings
- Modeling healthy behavior and traditional roles
- Family support in problem solving
- Promoting/accepting growth

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What does an unhealthy relationship, connection, or role look like to you?

How do you manage frustrations with those close to you?

What are ways you feel valued and respected in a relationship from others?

Who do you feel close to and can depend upon?

What does family mean to you?

How does your family support recovery?

How does your family create barriers to your recovery?

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Place a sun (☀️) next to the items that represent your immediate and/or extended family.

Place a moon (🌙) next to the items that represent your chosen family.

Circle the items that represent both.

Where do you get the most support?

How do these family connections support your recovery?

Where do you get the least support?

What are the challenges you face with these family connections in your recovery journey?

How does this group support your recovery?

What skills do you think would be helpful to work on? Please circle.

Healthy boundaries

Understanding/Empathy

Communication

Developing and understanding respect

Conflict management

Preparing for difficult conversations

Understanding love

Asking for help

Traditional life skills (Examples: harvesting traditional foods, gathering medicines, learning ceremonial protocols, grief protocols, etc. — traditional life skills that can help overcome barriers in recovery)

