



Homework 2.1. Family Inventories

Write down positive and negative aspects in your own family culture and those in your partner's family culture. Don't be "politically correct", be emotionally honest. By learning to acknowledge you mixed and ambivalence feelings, you are much better to deal with them. **After finishing, share your answers with your partner.**

Here are some ideas about each section:

Gender Roles: The division of roles of men and women / parents / caregivers in your (your partner's) family regarding work, power, money, housework, and child rearing.

Example: No ambiguity. Women know their roles and men knew theirs. (positive) Rigid expectations. No chance to experiment. (negative)

Family Involvement: Sense of concern, mutual involvement, and support in you (your partner's) family.

Example: Everyone is free to do their own thing. (positive) No one seems very connected to one another. (negative)

Emotional Expression: The intensity and nature of emotional expressions in your / (your partner's) family.

Example: I like how warm and expressive everyone is. (positive) Sometimes the intensity of expression embarrasses me. (negative)

Cultural Identity: The manner and intensity with which your (your partner's) family expresses its cultural identity.

Example: Feel proud of my traditions. (positive) Some views of my culture are racist. (negative)

Religion/Spirituality: The way your (your partner's) family expresses its religious/spiritual beliefs.

Example: Religion is not important. (positive) Lack of traditions. (negative)



MY FAMILY		
	POSITIVES	NEGATIVES
Gender Roles		
Family Involvement		
Emotional Expression		
Cultural Identity		
Religion/ Spirituality		



MY PARTNER'S FAMILY		
	POSITIVES	NEGATIVES
Gender Roles		
Family Involvement		
Emotional Expression		
Cultural Identity		
Religion/ Spirituality		