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**FAMILY OF ORIGIN**

**Things to think about before you watch:**

* Would you say that your parents had a healthy relationship? Do you think that affected your adult life?
* How did your parents communicate with each other? How did they fight with each other?
* What household roles did each of your parents take on?

**Questions for after you watch:**

* How have you taken your family of origin with you into your current relationship?
* How would you like to be in a relationship with you? (Are there things you know you need to work on? What are they?)
* What unresolved issues do you have from your childhood?
* How can you work together as a team to become closer, regardless of Family of Origin issues?
* Will you put the active listening techniques Pastor Andy mentioned into practice?

**Reminders:**

* You can only change yourself!
* Attack the problem, not each other!
* The value of your relationship is greater than the conflict of the moment.