



Family Intensive
Pre-Session Questions

Name _____ Role in the Family _____

Please fill out the questions individually and email them back to us prior to your Intensive.

1. Describe the issue(s) in your family at this time that is bringing you to a Family intensive? Please include your feelings.

2. Do you have any individual issues that you believe contribute to the communication and difficulties in the family relationships or problem? If so, what are they?

3. What have you done to take responsibility to grow & change? What has helped and what hasn't? What do you believe others have done?

4. Discuss your family's relationship history that you believe would be helpful. Please feel free to do a brief time-line if necessary.

5. Adult Children Only: Please describe the individual relationship dynamics you have with your mother? What are the hurts you carry from your relationship with your mother? Have you voiced this pain? If no, what has stopped you?

Parents Only: Please answer the same question regarding the relationship dynamics with each of your children

6. Adult Children Only: Please describe the individual relationship dynamics you have with your father? What are the feelings, hurts and messages you carry from your relationship with your father? Have you expressed this pain? If no, what has stopped you?

Parents Only: Please answer the same question regarding each of your children.

7. Adult Children Only: Please describe your siblings (please include names & ages) and the relationship dynamics you have with each one of them? What are the feelings, hurts and messages you carry from your relationship with each of them? Have you expressed your pain? If no, what has stopped you?

Parents Only: Please answer the same questions regarding your children.

8. What are the communication dynamics between you and other family members regarding the issues?

9. How do you and each member of your family handle hurt and anger?

10. Do you believe there are any family secrets the family is hiding? If so, what are they? Addiction, Infidelity, Abuse? Do you believe there is shame around these issues?

11. Do you think there are any alliances among certain family members? Who is close to whom? Who is not close to whom? Who has conflict?

12. Are you and members of your family stuck at an impasse or gridlock in decision making & negotiations? If so, where?

13. Who do you think holds the most power or control in the family? Why or why not?

14. What do you think needs to be done to resolve the problem(s) you and family members are struggling with?

15. What generational patterns, dynamics and sins do you think have been passed down the family line? Where do you see the family pattern?

16. What would your family relationships look like if they were completely healed and restored? How would you interact with each other? What would you do differently and what would they do differently? (Be specific)

17. What are your expectations and hopes for our time together in the upcoming weekend? Is there anything you could do to sabotage the healing process?

18. How do you see God, His Word, and prayer being a part of the healing process in you and in your family relationships?