**A Family Rule of Life**

Take some time and consider what your family rule of life is currently by contemplating the questions below. Approach question “C” in each section as a brainstorming exercise. Let it help you find material for answering question “D.”

**Family Disciplines, Practices and Habits**

1. What have been the most powerful ***family******disciplines,******practices and habits*** in your life? Name at least three.
2. How have these influenced your family life growing up and your current family life? What is the nature of your current family disciplines, practices and habits? Are they restorative, healthy, unhealthy, do they connect you with God and each other, are they hit or miss, or missing?
3. In view of the intimacy with your spouse and family that you desire, and who you want to become, what current family disciplines, practices or habits need to be eliminated or changed and what disciplines, practices or habits might need to be added and developed?
4. After reviewing typical family disciplines, practices and habits, what two or three disciplines, practices and habits are you drawn to further explore and develop?

**Family Relationships**

1. Over the years what have been the most powerful and positive ***family*** ***relationships*** in your life? Name one or two. What have been the most destructive family relationships in your life? Name one or two.
2. How have these family relationships influenced your family, your life and figured into who you are?
3. In view of the relationship with spouse and family you desire and who you want to become, what current family relationships need to be changed and what family relationships need to be added and developed?
4. What one or two family relationships are you drawn to change or develop further?

**Family Experiences**

1. Over the years what have been your most powerful ***family experiences***?

Name at least two or three.

1. How have these family experiences influenced your family, your life and figured into who you are becoming?
2. In view of the relationship with spouse and family you desire and who you want to become, what family experiences need to be eliminated or changed and what experiences need to be added and developed?
3. What two or three family experiences are you drawn to change or develop?

**Responses to Your Family Life Circumstances**

1. What are some present ***responses to your family life circumstances***, negative or positive that come to mind? Name at least three.
2. How do these influence the quality of your family life, and figure into who you are becoming?
3. In view of the relationship with spouse and family you desire and who you want to become, what responses need to be changed and what responses need to be added and developed?

How are you responding to what is happening in your family life? Thankful, unthankful, trusting, distrusting, honest, dishonest, denial, drawing nearer, drawing away, enduring, irritable, touchy, numb, jealous, envious, bitter, compassionate, sympathetic, apathetic, grace-filled, judgmental, etc.?

How evident to your family are the fruits of love, joy, peace, patience, kindness, gentleness, understanding and self-control in your life?

1. What one or two biblical attitudes or responses to your family life circumstances are you drawn to change or develop?