

# HANDOUT

## Class 5 Handout Words to Describe Your Early Relationships

**Choose three adjectives or words that reflect your relationship with one of your parents. Try to think back as far as you can remember to your early childhood.**

Adjective 1: \_\_\_\_\_ Adjective 2: \_\_\_\_\_ Adjective 3: \_\_\_\_\_

**Now, try to think of a memory or an incident that would illustrate each of the words you choose to describe the relationship. Write these memories or incidents down.**

Adjective 1: \_\_\_\_\_

Memory: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Adjective 2: \_\_\_\_\_

Memory: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Adjective 3: \_\_\_\_\_

Memory: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_