

Here is a series of questions you can answer about your own family's emotional patterns to begin to look at how they might crop up in other settings, like the workplace.

	In your family, who...?	In your workplace, who...?
Is an authority figure?		
Is a caretaker?		
Is exiled, separate, cut off?		
Is the favorite?		
Do you use to get leverage for something you want?		
Do you have a competitive relationship with?		
Do you have a cooperative relationship with?		
Do you go out of your way to help?		
Do you go out of your way to hurt?		
Is ignored or a loner?		
Carries secrets?		
Is a gossip?		
Has an addiction?		
Is manipulative, gets their way?		
Is unmotivated?		
Is difficult?		
Has a disability?		
Is loved and admired by everyone?		