Questions on My Culture

• What family traditions are important to me?

• How was I nurtured as a child?

• What was my family’s view on discipline?

• How did my family communicate?

• What developmental aspects are most important within my family (strong physical skill, language, cognitive skills, social skills, etc.)?

• How has my family culture changed over the years?

• What was my experience with the educational system?

• How do my religious and/or spiritual beliefs coincide with mental health practices?

• What do I believe my strengths are?

• What biases have I felt with regard to the cultural questions listed above?