Family WellthCare Coaching
A strategic, non-clinical approach to lasting family resilience.

THE FAMILY EMOTIONAL CAPITAL SHADOW WORKSHEET

A First Step Toward Reclaiming What's Hidden—and Building What Matters Most.

Why This Matters

What remains unspoken in families doesn't disappear—it shapes behaviors, decisions, and relationships in quiet but powerful ways. This simple worksheet helps you surface patterns that may be draining your family's emotional capital without you even realizing it.

Begin here. Go slow. Be honest. This is just for you.

Part 1: Naming the Patterns

1️⃣ What behaviors in my family cause the most tension or disconnection?

(Examples: Control, blame, silence, perfectionism, avoidance, anger, guilt, withdrawal)

2️⃣ How do I personally react when I feel hurt, unheard, or unseen?

(Examples: I shut down, I criticize, I explain, I retreat, I try to fix, I try to please)

Part 2: Tracing the Roots

3️⃣ Where do I think these patterns come from in my family history?

(Consider parents, grandparents, cultural beliefs, survival strategies)

4️⃣ What emotions have felt unsafe or unacceptable to express in my family?

Part 3: Seeing the Impact

5️⃣ How might these hidden patterns be costing us emotional capital today?

(Check all that resonate)
□ Eroded trust
□ Unspoken resentment
□ Fear of conflict
□ Lack of emotional closeness
□ Avoiding hard conversations
□ Difficulty setting or honoring boundaries
□ Feeling unseen, unheard, misunderstood

Part 4: Naming Your Intention

6️⃣ What is one small change I am ready to make in how I show up?

7️⃣ If I could strengthen one aspect of our family's emotional wealth, it would be:

☐ Trust
☐ Respect
☐ Boundaries
☐ Communication
☐ Compassion
☐ Accountability
☐ Curiosity
☐ Other: _____

Part 5: A Gentle Reminder

Building emotional wealth isn't about being perfect.
It's about noticing.
It's about choosing differently—one moment, one relationship, one conversation at a time.

Next Step

If this worksheet helped you see something more clearly, you're ready for the next step.

➡ **Schedule Your Discovery Call**

Contact Information

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Scheduling Link

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Family WellthCare Global Community