

Home Culture Excavation Tool

by Pete Scazerro's book *The Emotionally Healthy Leader*

USE THESE QUESTIONS AS A RESOURCE TO HELP YOU UNDERSTAND YOUR HOME CULTURE.

1. Describe your mom/dad in three words.
2. How was conflict/anger/tension handled in your home?
3. What was considered “success” in your family?
4. How did ethnicity or race shape you and your family?
5. Were there any heroes or villains in your family?
Why were these individuals singled out?
6. What generational patterns or themes do you recognize? (Addictions, affairs, abuse, divorce, mental illness, abortions, kids born out of wedlock, etc.)
7. What traumatic losses did your family experience? (Sudden death, prolonged illness, miscarriage, divorce, bankruptcy)
8. What insights (one or two) are you becoming aware of that help you make sense of how your family culture is making an impact on who you are today?