

# FAMILY ISSUES

## UNDERSTANDING PARENTS

Spend a few minutes thinking about your relationship with one or more of your grandparents (or another older adult with whom you have a close relationship). Jot down your completions to each of the following statements:

- The best time I ever had with one of my grandparents was...
- The funniest thing one of my grandparents ever said to me was...
- The most "out-dated" advice my grandparent ever gave to me was...
- The *best* advice my grandparent ever gave to me was...

Now answer these last two questions:

- Is your mother more like her mother or her father? Explain.
- Is your father more like his mother or his father? Explain.