

# INDICATOR QUESTIONS

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## PURPOSE

Identifying key roles individuals play within the family unit can allow a counsellor to better identify and assist those most in need of support while also capitalizing on the increased stability and readiness of others.

### Questions to help identify family members most ready for change

Which family member(s):

- Initiated reaching out for help? Organize and schedule sessions?
- Seem(s) most distressed by or vocal about current family dynamics?
- Work(s) to apply tools and strategies discussed in session outside of sessions?

### Questions to help identify family members in a leadership position

Which family member(s):

- Seem(s) to have the most influence with other members?
- Appear(s) to be the most objective when conflict is present?
- Is/Are the most receptive to differing opinions and perceptions?
- Engage(s) with a healthy support network outside of the family unit?
- Tend(s) to be seen as the leader(s) or problem solver(s) in the family? (Note: these members may also be “most in need of support.”)

### Questions to help identify family members in a leadership position

Which family member(s):

- Seem(s) least engaged in the process?
- Tend(s) to lose their voice or get overwhelmed during family sessions?
- Struggle(s) with stability or managing mental health, addiction, or unresolved trauma symptoms?
- Has/Have high levels of conflict (legal/relational/occupational) outside of the family dynamics?
- Tend(s) to be seen as the leader(s) or problem solver(s) in the family? (May not be receiving their own support from others in the family.)