

# My Family Race, Ethnic, and Cultural Heritage

In this worksheet, focus on the components of your heritage that make you and your family unique and that provide rich diversity to your life experience. Consult other family members when needed. By reporting the racial, ethnic, and/or cultural heritages for your nuclear and extended family you may better discover how your current family came to be what it is today and how those heritages may enrich your life. You may also do this for your partner.

Heritage factors	My Family of Origin	Father's Family of origin	Mother's Family of Origin	Spouse's Family of Origin	Father-in-law's Family of Origin	Mother-in-law's Family of Origin
<b>National Origin</b>						
<b>Religion</b>						
<b>Language Spoken</b>						
<b>Economic Class</b>						
<b>Work Experience</b>						
<b>List Three Main Family Traditions.</b>	1. 2. 3.	1. 2. 3.	1. 2. 3.	1. 2. 3.	1. 2. 3.	1. 2. 3.
<b>How Important was Family Heritage?</b>						
<b>Role of women in Family</b>						
<b>Dinner Table Activities</b>						
<b>Holidays Celebrated</b>						
<b>Other Factors</b>						
<p>Now that you have identified these heritage factors, discuss them with your spouse, partner, or family. What type of heritage will be emphasized in your family of marriage/cohabitation/procreation? Are there dormant traditions or values held by previous generations which you would like to revive? Why? Why not?</p>						