Meaning Maker.org

- Meaning Maker <u>Family Gathering</u> Edition provides a structure for making the most of your family gatherings.
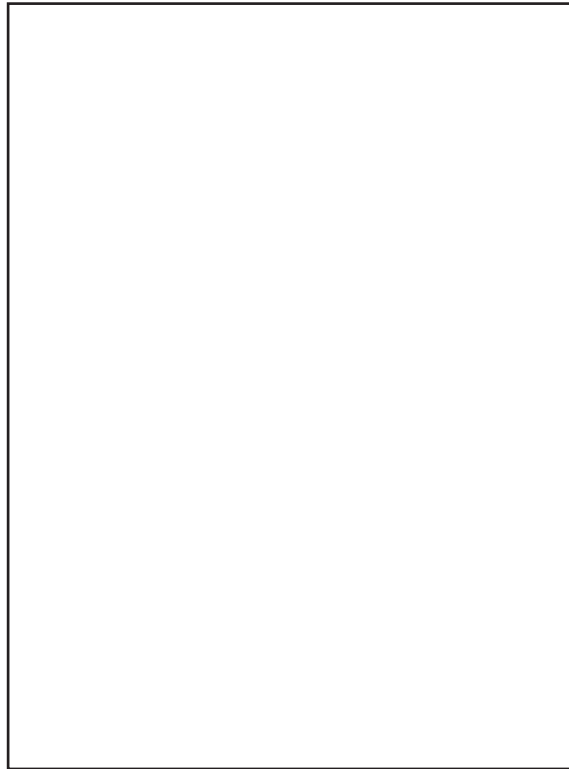
Your personal tool for a "Value Added" experience.

- Organize your thoughts and cultivate purpose for every family gathering you attend. Great for birthdays, graduations, weddings, funerals, anniversaries, holidays, random get-togethers, and all manner of parties, meetings and events.

- Carry Meaning Maker with you to the event or complete shortly after.

- Over time, Meaning Maker <u>Family Gathering</u> Edition will provide you with a cohesive concept of your family experience.

- Meaning Maker <u>Family Gathering</u> Edition is good for self-appraisal and validation; therapy sessions; blame, denial, superiority and judgment; remembering, forgiving, and forgetting; memoirs; eulogies, memorials and toasts.

**Meaning Maker comes in a variety of experiences.
Download and print Meaning Makers
for all of your social engagements.**

**Log onto meaningmaker.org
to share your Meaning Maker experience.**
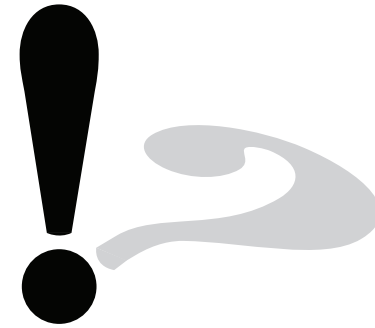

Attach a photo from the gathering here.

Family and Guests in attendance:

_____   _____
_____   _____
_____   _____
_____   _____
_____   _____
_____   _____
_____   _____

I came with:

_____   _____
_____   _____
_____   _____

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Family Gathering Edition

Instructions:
Complete after event. File for future reference.

Event _____

Location _____

Date _____

This is Art.

MY RELATIVES *(the personalities)*

Family Members:

most fun _____	just like parents _____
favorite _____	least favorite _____
safe _____	most gossiped about _____
stable _____	couch potato _____
the helper _____	laughs most _____
suspect _____	always right _____
intelligent _____	controlling _____
missing _____	most like me _____
anal _____	least like me _____
sexy _____	needs serious help _____
cute _____	deserves applause _____
scary _____	my role model _____
questionable _____	ruins the party _____

Physical changes since our last encounters?

	none	a little	a lot
kids growing up	❏	❏	❏
obvious aging	❏	❏	❏
weight loss or gain	❏	❏	❏
new health issues	❏	❏	❏
hair color, loss or gain	❏	❏	❏
body modifications	❏	❏	❏
gender reassignments	❏	❏	❏

Lifestyle changes since our last encounters?

	none	a little	a lot
new members	❏	❏	❏
discarded members	❏	❏	❏
births & deaths	❏	❏	❏
career changes	❏	❏	❏
sexual orientation	❏	❏	❏
other _____	❏	❏	❏

THE INTERACTIONS *(family culture)*

The conversation focused on . . .

	none	a little	a lot
children	❏	❏	❏
health issues	❏	❏	❏
the weather	❏	❏	❏
rehashing the past	❏	❏	❏
proving superiority	❏	❏	❏
material wealth	❏	❏	❏
predictable opinions	❏	❏	❏
sports, cars, pets...	❏	❏	❏
other _____	❏	❏	❏

Political discourse was...

- ❏ contentious
- ❏ one-sided
- ❏ enlightening
- ❏ avoided
- ❏ engaging
- ❏ meaningful
- ❏ humorous
- ❏ fun
- ❏ typical
- ❏ superficial
- ❏ non-existent
- ❏ other _____

Religious discourse was...

- ❏ contentious
- ❏ one-sided
- ❏ enlightening
- ❏ avoided
- ❏ engaging
- ❏ meaningful
- ❏ humorous
- ❏ fun
- ❏ typical
- ❏ superficial
- ❏ non-existent
- ❏ other _____

The reason for getting together:

- ❏ religious event
- ❏ sanctioned holiday
- ❏ rite of passage
- ❏ someone's bright idea
- ❏ tradition
- ❏ crisis
- ❏ spontaneous
- ❏ other _____

The gathering provided opportunities to . . .

- ❏ know someone better
- ❏ make a new connection
- ❏ renew a connection
- ❏ catch up on gossip
- ❏ show off
- ❏ give and get hugs
- ❏ laugh out loud
- ❏ tease and/or flirt

HOW I FIT IN *(self-identity)*

I am

- ❏ the clown
- ❏ the darling
- ❏ the black sheep
- ❏ contentious
- ❏ the prankster
- ❏ the smartass
- ❏ the giver
- ❏ the taker
- ❏ the scapegoat
- ❏ the enabler
- ❏ the victim
- ❏ the loudmouth
- ❏ the boss
- ❏ absent
- ❏ the drunk
- ❏ at odds
- ❏ in therapy
- ❏ the quiet one
- ❏ the misfit
- ❏ the know-it-all
- ❏ the best looking
- ❏ somebody's favorite
- ❏ everybody's favorite
- ❏ the peacekeeper
- ❏ the troublemaker
- ❏ the primadonna
- ❏ the drama queen
- ❏ a guest or companion
- ❏ someone's spouse
- ❏ adopted
- ❏ new family member
- ❏ other _____

The reason I attended:

- ❏ I love my family
- ❏ I needed some attention
- ❏ it is always fun
- ❏ I needed a laugh
- ❏ obligation
- ❏ emotional blackmail
- ❏ tradition
- ❏ the secret affair
- ❏ it was for me
- ❏ it was at my house
- ❏ to feel superior
- ❏ I want the inheritance
- ❏ to come out
- ❏ to prove I wasn't in jail
- ❏ to get back at _____

REFLECTIONS *(my family)*

The TV shows that best represent my family:

- ❏ All in the Family
- ❏ The Beverly Hillbillies
- ❏ Father Knows Best
- ❏ That 70's Show
- ❏ Dallas
- ❏ The Waltons
- ❏ The Simpsons
- ❏ Everybody Hates Chris
- ❏ My Three Sons
- ❏ The Young and the Restless
- ❏ Lost in Space
- ❏ Sanford and Son
- ❏ Leave it to Beaver
- ❏ The Addams Family
- ❏ The Flintstones
- ❏ The Munsters
- ❏ Andy Griffith
- ❏ Judging Amy
- ❏ Dynasty
- ❏ Married with Children
- ❏ All My Children
- ❏ Third Rock from the Sun
- ❏ The Jeffersons
- ❏ The Jetsons
- ❏ Brady Bunch
- ❏ Everybody Loves Raymond
- ❏ Partridge Family
- ❏ King of the Hill
- ❏ other _____

This gathering . . .

- ❏ was pure joy
- ❏ was a nightmare
- ❏ frightened me
- ❏ was typical
- ❏ brought us closer together
- ❏ could be the subject of a major mediated event
- ❏ was better than Reality TV
- ❏ I don't know why I even attended

My favorite moment _____

_____

_____

Regrets . . . I wish I would have _____

_____

_____

Next time I will _____

_____

_____

When the gathering was over I felt . . .

- ❏ happy
- ❏ connected
- ❏ relieved
- ❏ angry
- ❏ proud
- ❏ nothing
- ❏ loved
- ❏ important
- ❏ left out
- ❏ alone
- ❏ embarrassed
- ❏ hung over
- ❏ validated
- ❏ confused
- ❏ motivated
- ❏ sad
- ❏ content
- ❏ fearful
- ❏ like getting my dna tested
- ❏ frustrated
- ❏ like changing my name
- ❏ disgusted