

Family Finding/Signs of Safety Residency with Kevin Campbell and Andrew Turnell
Questions for Finding Naturally Connected Networks

Past

- Who are the people that have stuck with you at your best and worst moments in life?
- Can you tell me about someone in your life who really got you, you really felt understood you? (Really appreciated you)
- What has been the most important day in your life and who was there to share it with you?
- Who has been the person that surprised you the most when you needed help caring for your child?
- Who have you relied on when things got crazy in life?
- When you think about your past, who has been most supportive of you in the choices you have made regarding your children?
- When you were younger, who was your favorite person?
- Think back to a day when you were having a really tough time. Who was there to support you?
- Tell me a story about a happy time in your life. Who was there with you?
- Who was there when your child was born?
- Think about a time in your past where you were in a crisis of some kind (financial, medical, etc.). Who did you confide in?
- Who have you called to care for your kids in the past?
- Who went with you to buy your first car/picked out your wedding dress/accompanied you to make a major purchase/etc.?
- Who was the person that helped you in a really tough time that surprised you they were helpful to you in that time?
- Who knows about what happened about this/that situation?
- Who have you told your secrets to?
- Who do you trust the most?
- Ask about the talents that people have in their family and who they got them from.
- Where did you get your faith traditions from?
- Where in the world does your family come from – who holds those stories?
- Who has been there for you when you had troubles in the past?
- When you think about your girls, starting at the center here with you in the middle, when you were a teen girl, like your girls are now, who were or was there for you? To support you during this time – what difference did this make for you?
- When you think of all the people you have been close to in your whole life, whether family or friends, who has taught you the most about yourself as a person or parent? Tell me about a time that sticks out when that person showed or told you something about being a parent that you've never thought of before?
- Who did you consider to be the most significant people in your life growing up?
- Tell me about a moment in your life that you are proud of. Who did you share this with? Who would you share this with if they weren't there?
- What was the most fun thing you have done in the last 6 months? Who was present?
- When you think of your most favorite holiday celebrated with your family or loved ones, who was there and what made it so special?
- Who has meant the most to you in your life?
- When were you the happiest in your life?

Present

- Who is someone in your life that you can call on or depend on in a time of need (crisis)?
- Who is someone in your life that you would tell exciting/good news to?

- If today was the last day you could ever communicate something to your child what would you say to them?
- Who would you call for your children's birthday party?
- Who would you call first today if you had wonderful news? News that you were the most excited you have ever been.
- Who do you call on a bad day? Who do you call on a good day? Who would call you on a good/bad day?
- If I gave you 1 million dollars right now and I said you can have the 1 million free and clear, but you have to give the million dollars to 5 people in order to receive 10 million more. Who would those 5 people be?
- Who is the person you trust the most to take care of your kids, no matter what?
- This is a difficult discussion. Who in your life, if they were here right now, would help you feel like it is a little more manageable? Can we call them to come here?
- Who are you going to call about this when you get off the phone with me? Who do you want that person to call?
- Who in your life do you wish had been here to help when I knocked on your door? Who might be the first person you tell about CFS meeting with you today?
- Who is the most important person in your life today?
- Who would you call to care for your child if you went to the hospital today?
- Who all will you call in the middle of the night when you need help? What is it about that (those) person (people) that lets you know you can count on her/him (them)?
- Who do you call when you are stuck and unable to pick up your kids at school?
- Who is the one person you may be taking for granted most right now?
- If you won a big award who are 5 people you would want to be there?
- Who would you invite to your child's birthday party?
- Who did you send a text message (phone call) to first today?
- Who is the one person you wish were with you right now to support you right now?
- In case of an emergency (or if you were in an accident), who do you feel are the two most important people to contact?
- Who do you go to in life when you are making important decisions (like moving to a new town)?
- Who is your go to person when life gets tough?
- As a stake holder, what are your concerns about working with me?

Future

- Please think about all of the important people in your life right now. So if I were to come to you 10 years from now and ask who has been the most unconditionally caring person in your life over the last 10 years, which of the people you know now would you most want to be describing to me?
- Tomorrow you end up in a serious accident and you are in the hospital in a coma. Who would you want the doctor to call to take care of your kids until you get out?
- If you could fast forward 5 years from now, who would be your support network and who would rely on you?
- Who would be the people that you see in your life sharing your birthday 5 years from now?
- Who would you hope to have at your side for comfort in your older years of life?
- Tell me about your wildest dreams for the future? What does it look like and who's there with you?
- Where do you see yourself in 5 years? Who is there with you? What do your relationships look like?
- If you were hit by a bus next month and unable to care for your children who would be able to care for your kids?
- If next year you found yourself homeless who would you call?
- If you were to die in a car accident tomorrow who are the people you would want to raise your children?
- You wake up tomorrow and its two years from now. Who are the people you would hope be in your life?

- If you were getting married, who is the one person (or people) you would want to be there to celebrate with you?
- Who will you call to invite to our next birthday celebration?
- If your child was getting married tomorrow, who in your world would you dream would be there?

Questions Andrew heard Kevin Using:

Who knows the most about who's in your family on your mother's side?

Who knows the most about who's in your family on your father's side?

Tell me about the people who have been unconditionally committed to you?

Tell me about the people who are unconditionally committed to you?

For all of us there's someone who will come into our lives in the future that will help us be a better person would you agree? Ok so what do you imagine they will do/be to help you be a better person? How will you be a better person when that person comes into your life? How will your children see you be better person? (Andrew's amplification trajectory ideas from the initial question.

Family Safety Circles® created by Susie Essex

