

# **Growing Strong Families**

## **David Snell**

### **Your Personal 10 Commandments**

Try to remember and list some of the rules you grew up with. These largely unspoken rules are normally deeply ingrained in us so much so that we are often not even aware of them!

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_