

Your Heart Family

per Pauline Boss, PhD, a psychological family is:

- *Created in your heart and mind.*
- Can be your family of origin, *but can be “intentionally chosen”* mental representations of family.
- People you talk with in good times and bad.
- Who like you for who you truly are and are there for you.
- Could be made up of friends, neighbors, book groups, spiritual congregations or even other caregivers [care partners.]
- It is not unusual for people to have surrogates or stand-ins for family, such as neighborhood kids who are like grandchildren, friends like siblings.
- **Those who provide human connection.**



In addition, per anne richardson, ma, bcc

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- Could be your ancestors or deceased that you talk to for wisdom.
- Places or beings in nature you go to for connection.
 - Fur family/pets.
 - Other forms of connection.

Cut out the heart
and *on the backside*
jot down your “family”
members. Add to the list as
new “family” enter
your heart.