



The MISSION of GRE, Inc. is to improve the health and quality of life and relationships for men and their loved ones.

WORKSHEET #1: CAN YOU RELATE?

Your Water: 20 Questions to Begin to See the Water

General Questions

- 1. In what year were you born?**

- 2. How do you identify sexually?**

- 3. What is your gender?**

- 4. What is your highest level of education achieved?**

- 5. What was the socioeconomic status of your family while you were growing up? (You can have multiple answers to this question.)**

- 6. With what culture do you most identify?**

- 7. With what, if any, religious affiliation were you raised?**



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- 8. What percentage of time did you spend with other people just like you (up until age 17)?**

- 9. How many immediate family members have struggled with addiction? How many are in recovery?**

- 10. How many immediate family members were involved in the criminal justice system and for what?**

Questions about Being a Man

- 11. What makes a good man?**

- 12. Who taught you to be a man?**

- 13. What did your father or father figure teach you about being a man?**



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14. What did your mother or mother figure teach you about being a man?

15. What was the most painful experience you had as a boy?

16. What was the most painful experience you had as a teenager?

17. What are five qualities you admire about yourself as a man?

18. What are five qualities you know you could improve upon to be the best man you could be?

19. What was your relationship with your father like?



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20. What was your relationship with your mother like?

21. In a short paragraph talk about the men you would like to be.