FAMILY OF ORIGIN

QUESTIONNAIRE

Please complete this questionnaire at home and bring it with you when you start your workshop Monday morning.
FAMILY OF ORIGIN
Worksheet

NAME: ____________________________________________________________

A. Family of Origin

1. Identify your major caregivers.

<table>
<thead>
<tr>
<th>Name</th>
<th>Relationship</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

2. List the birth order of the children in your family. Use a noun or adjective to describe each person. Include yourself and deceased siblings. (Indicate if a sibling is deceased.)

<table>
<thead>
<tr>
<th>Name/Relationship</th>
<th>Age</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Number of children in your family: __________
Your rank in the birth order: __________
If you were adopted, at what age were you adopted? __________

3. List other adults who were involved in your childhood. Use a noun or adjective to describe each person.

<table>
<thead>
<tr>
<th>Adult/Relationship</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>
B. Parental Information

In this form, the terms mother and father are used to indicate biological or adoptive parents and/or mother or father substitutes. For ease of reading and for identification purposes, the word mother and father are being used to describe all these relationships.

1. Is your mother living? Yes ________ No _____
   If your mother is deceased, how old were you at the time of her death? _____
   If the person you are identifying as your mother is not your biological mother, identify your relationship to her.

2. Is your father living? Yes ________ No _____
   If your father is deceased, how old were you at the time of his death? ________
   If the person you are identifying as your father is not your biological father, identify your relationship to him.

3. If your parents were living during your childhood, were they
   Separated ________ Divorced ________ Living together ________
   If they were separated or divorced, at what age were you when they
   Separated ________ Divorced ________
   If your parents are living, what is their current marital status? ________________________

4. What were/are the educational levels and occupations of your parents?
   Mother:
   Education __________________________________________
   Occupation _________________________________________
   Father:
   Education __________________________________________
   Occupation _________________________________________

C. Early Family Relationships

1. Describe the physical, financial, and emotional situation of your parents at the time of your birth or adoption.
   ___________________________________________________
   ___________________________________________________
   ___________________________________________________
   ___________________________________________________
   ___________________________________________________
   ___________________________________________________
2. Describe the relationship which existed between your mother and father at the time of your birth or adoption.

__________________________________________________________________________________________

__________________________________________________________________________________________

__________________________________________________________________________________________

__________________________________________________________________________________________

__________________________________________________________________________________________

3. Describe how your mother felt at the time of your birth or adoption.

__________________________________________________________________________________________

__________________________________________________________________________________________

__________________________________________________________________________________________

__________________________________________________________________________________________

__________________________________________________________________________________________

4. Describe how your father felt at the time of your birth or adoption.

__________________________________________________________________________________________

__________________________________________________________________________________________

__________________________________________________________________________________________

__________________________________________________________________________________________

__________________________________________________________________________________________

5. Describe the relationship which existed between your mother and father during your childhood.

__________________________________________________________________________________________

__________________________________________________________________________________________

__________________________________________________________________________________________

__________________________________________________________________________________________

__________________________________________________________________________________________
D. Childhood Memories and Parental Relationships

Before answering, close your eyes and imagine yourself as a child being in the physical presence of your mother. After describing your mother, close your eyes and imagine yourself as a child being in the physical presence of your father.

1. List nouns and adjectives to describe your mother.
   Positive
   ____________________________________________________________
   ____________________________________________________________
   ____________________________________________________________
   ____________________________________________________________
   ____________________________________________________________
   Negative
   ____________________________________________________________
   ____________________________________________________________
   ____________________________________________________________
   ____________________________________________________________
   ____________________________________________________________

2. List nouns and adjectives to describe your father.
   Positive
   ____________________________________________________________
   ____________________________________________________________
   ____________________________________________________________
   ____________________________________________________________
   ____________________________________________________________
   Negative
   ____________________________________________________________
   ____________________________________________________________
   ____________________________________________________________
   ____________________________________________________________
   ____________________________________________________________

E. Childhood Memories of Your Mother

1. Describe the happiest time you remember with your mother.
   ____________________________________________________________
   ____________________________________________________________
   ____________________________________________________________
   ____________________________________________________________
   ____________________________________________________________

2. Describe the worst time you remember with your mother.
   ____________________________________________________________
   ____________________________________________________________
   ____________________________________________________________
   ____________________________________________________________
   ____________________________________________________________
Worksheet

3. What did you want from your mother which you never received or she never did for you? (Example: That she would love me just as I was.)

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

4. As a child, what did you do to get approval from your mother?

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

F. Childhood Memories of Your Father

1. Describe the happiest time you remember with your father.

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

2. Describe the worst time you remember with your father.

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
3. What did you want from your father which you never received or he never did for you? (Example: That he would support me in my decisions.)

4. As a child, what did you do to get approval from your father?

G. Childhood

1. Describe your earliest memory. What was your age at the time?

2. When you think of yourself as a child, how old are you? ________________

3. Describe yourself as a child.
4. Describe feelings you had as a child. These may include feelings such as being sad, mad, glad, or scared or feeling shame, guilt, empty and/or lonely.

5. What was your favorite childhood story? This can include stories such as a fairy tale, book, television show, or movie.

Describe the theme of your favorite story and how you related to each of the main characters.

6. Identify the people you felt close to in your childhood.
7. As a child, was it easy or difficult to make friends? Why do you feel that it was easy or difficult to make friends?


8. As a child, did you have nicknames? Yes _____ No _____
If you had nicknames, what were your nicknames and who gave them to you?


H. Current Relationship with Major Caregivers

1. Describe the relationship you have with your mother today.


2. Describe the relationship you have with your father today.


3. If you had other major caregivers, identify the major caregiver(s) and describe your current relationship(s).
I. Reflections

1. Reflect on your childhood and your life today. In what ways would you and your life be different today if you had had more functional parents?

__________________________________________________________________________

__________________________________________________________________________

__________________________________________________________________________

__________________________________________________________________________

__________________________________________________________________________

__________________________________________________________________________