FAMILY OF ORIGIN QUESTIONNAIRE

Please complete this questionnaire at home and bring it with you when you start your workshop Monday morning.
NAME: ______________________________________________________

A. Family of Origin

1. Identify your major caregivers.
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<th>Name</th>
<th>Relationship</th>
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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.)
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<thead>
<tr>
<th>Name/Relationship</th>
<th>Age</th>
<th>Description</th>
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   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.
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<th>Adult/Relationship</th>
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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.

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

4. 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.

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List nouns and adjectives to describe your father.

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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.

   

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.

_________________________________________________________________
_________________________________________________________________
_________________________________________________________________
_________________________________________________________________
Worksheet

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.

__________________________________________________________________________

__________________________________________________________________________

__________________________________________________________________________

__________________________________________________________________________
FAMILY OF ORIGIN

Worksheet

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.

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

Describe the relationship you have with your father today.

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

2. 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 functional parents?

___________________________________________________________________________

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