

Family of Origin

1. Identify your major caregivers

Name	Relationship
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

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)

Sibling	Age	Descriptive noun or adjective
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Number of children in your family: _____

Your rank in 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.

Adult/Relationship	Description
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Parental Information

4. 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. _____

5. 4. 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. _____

6. 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? _____

7. What were/are the educational levels and occupations of your parents?

Mother: Education: _____

Occupation: _____

Father: Education: _____

Occupation: _____

Early Family Relationships

8. Describe the physical, financial, and emotional situation of your parents at the time of your birth or adoption.

9. Describe the relationship that existed between your mother and father at the time of your birth or adoption.

10. 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.

11. Describe the relationship that existed between your mother and father during your childhood.

Childhood Memories and Parental Relationships

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

List nouns and adjectives to describe your mother:

Positive		Negative	
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

List nouns and adjectives to describe your father:

Positive		Negative	
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Childhood Memories of Your Mother

13. Describe the happiest time you remember with your mother.

14. Describe the worst time you remember with your mother.

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

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

Childhood Memories of Your Father

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

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

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

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

Childhood

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

22. When you think of yourself as a child, how old are you? _____

23. Describe yourself as a child?

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

25. 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.

26. Identify the people you felt close to in your childhood.

27. As a child, was it easy or difficult to make friends? _____

Why do you feel it was easy or difficult making friends?

28. 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

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

Describe the relationship you have with your father today.

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