

Family of Origin Questionnaire

* Indicates required question

1. Name: *

2. 1. Identify your major caregivers (Name & Relationship) *

For example: John Smith, Father. Jane Smith, Mother. Eric Smith, Grandfather.

3. 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) *

Mary Smith, 22, Sarcastic. Timothy Smith, 26 Friendly (Deceased).

4. 3. Number of children in your family? *

5. 4. Your rank in birth order *

6. 5. If you were adopted, at what age were you adopted?

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

8. 7. Is your mother living? *

Mark only one oval.

Yes

No

9. 8. If your mother is deceased, how old were you at the time of her death?

10. 9. If the person you are identifying as your mother is not your biological mother, identify your relationship to her.

11. 10. Is your father living? *

Mark only one oval.

Yes

No

12. 11. If your father is deceased, how old were you at the time of his death?

13. 12. If the person you are identifying as your father is not your biological father, identify your relationship to him.

14. 13. If your parents were living during your childhood, were they *

Mark only one oval.

- Married
- Divorced
- Separated
- Living together

15. 14. If they were separated or divorced, at what age were you when they separated?

16. 15. If they were separated or divorced, what age were you when they divorced?

17. 16. If your parents are living, what is their current marital status?

18. 17. What were/are the educational levels and occupations of your parents? *

For example: My mother had a high school diploma and worked at a factory. My father started college but didn't finish and worked as a welder.

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

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

21. 20. Describe how your mother felt at the time of your birth or adoption. *

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

23. 22. Describe the relationship that existed between your mother and father during your childhood. *

24. 23a. Before answering, close your eyes and imagine yourself as a child being in the physical presence of your mother. List nouns and adjectives both positive and negative to describe your mother: *

25. 23b. Close your eyes again and imagine yourself as a child being in the physical presence of your father. List nouns and adjectives both positive and negative to describe your father: *

26. 24. Describe the happiest time you remember with your mother. *

27. 25. Describe the worst time you remember with your mother. *

28. 26. What did you want from your mother that you never received or she never did for you? *

For example: That she would love me as I was.

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

30. 28. Describe the happiest time you remember with your father. *

31. 29. Describe the worst time you remember with your father. *

32. 30. What did you want from your father that you never received or he never did for you? *

For example: That he would support me in my decisions.

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

34. 32. Describe your earliest memory. What was your age at the time? *

35. 33. When you think of yourself as a child, how old are you? *

36. 34. Describe yourself as a child? *

37. 35. 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. *

38. 36. What was your favorite childhood story? This can include stories such as a fairly tale, book, television show or movie. *

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

40. 38. Identify the people you felt close to in your childhood. *

41. 39. As a child, was it easy or difficult to make friends? *

Mark only one oval.

Easy

Difficult

42. 40. Why do you feel it was easy or difficult making friends? *

43. 41. As a child, did you have nicknames? *

Mark only one oval.

Yes

No

44. 42. If you had nicknames, what were your nicknames and who gave them to you?

45. 43. Describe the relationship you have with your mother today. *

46. 44. Describe the relationship you have with your father today. *

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

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