Family of Origin

1. Identify your major caregivers

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<tr>
<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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<tr>
<th>Sibling</th>
<th>Age</th>
<th>Descriptive noun or adjective</th>
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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.

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<th>Adult/Relationship</th>
<th>Description</th>
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**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. 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.

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

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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.

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

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________________________________________________________________________

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:

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<th>Negative</th>
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© Pia Mellody
List nouns and adjectives to describe your father:

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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.

________________________________________________________________________

________________________________________________________________________

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________________________________________________________________________

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

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________________________________________________________________________

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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.)

________________________________________________________________________

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

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Childhood

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

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

23. Describe yourself as a child?

________________________________________________________________________
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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.

________________________________________________________________________

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________________________________________________________________________

25. What was your favorite childhood story? This can include stories such as a fairly 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.
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________________________________________________________________________
________________________________________________________________________
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________________________________________________________________________

Describe the relationship you have with your father today.
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30. If you had other major caregivers, identify the major caregiver (s) and describe your current relationship (s).
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
Reflections

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

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