Name ____________________________________________

Family of Origin

A. 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.)

<table>
<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>
<th>Description</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.

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 with 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 with 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 ____________________________

C. Early Family Relationships

8. Describe the physical, financial and emotional situation of your parents at the time of your
birth. If you don’t have stories to go by, just imagine what it must have been like given
your parent’s personalities and how they were with each other when you were older.

____________________________________________________________________
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________

9. Describe the relationship, which existed between your mother and father at the time of
your birth.

____________________________________________________________________
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________

10. Describe how your mother felt at the time of your birth.

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

___________________________________________________________________________
___________________________________________________________________________
___________________________________________________________________________
___________________________________________________________________________

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

___________________________________________________________________________
___________________________________________________________________________
___________________________________________________________________________
___________________________________________________________________________

D. Childhood Memories and Parental Relationships – see form

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 yourself as a child in the physical presence of your father. Please describe them from the viewpoint of when you were a child around 8 to 10 years old.

12. List nouns and adjectives to describe your mother.

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</table>
List nouns and adjectives to describe your father.

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E. 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, which you never received or she never did for you? (Example: That she would love me just as I was?)

   ____________________________________________________________
   ____________________________________________________________
   ____________________________________________________________
   ____________________________________________________________
16. What did I do to get approval?

_________________________________________________________________________
_________________________________________________________________________
_________________________________________________________________________

F. 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 form your father, which you never received?

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

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

G. Childhood

21. Describe your earliest memory. What was your age?

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

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 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.

_________________________________________________________________
_________________________________________________________________
_________________________________________________________________

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 that it was easy or difficult to make friends?
_________________________________________________________________
_________________________________________________________________
_________________________________________________________________
28. As a child did you have nicknames?

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 with your father.

_________________________________________________________________
_________________________________________________________________
_________________________________________________________________
_________________________________________________________________

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

_________________________________________________________________
_________________________________________________________________
_________________________________________________________________
I. Reflections

31. Reflect on your childhood and your life today.

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