

Family of Origin Questions

1. What is your father's name?
2. How many brothers and sisters do you have?
3. Where do you fit? Oldest? Youngest? Middle?
4. Who is the oldest?
5. List children, ages, brothers and sisters from oldest to youngest.
6. If parents are divorced, widowed, remarried, note this along with names of spouse(s).
7. Paternal grandparents
8. How many brothers and sisters did your father have?
9. What are your paternal grandfather and grandmother's names?
10. Where does your father fit in? Oldest? Youngest? Middle?
11. Maternal grandparents?
12. How many brothers and sisters did your mother have?
13. What are your maternal grandfather and grandmother's names?
14. Where does your mother fit in? Oldest? Youngest? Middle?
15. What is your mother's father's name? How and when did he die?
16. Brothers and sisters? Alive or dead?
17. What is your mother's mother's name? How and when did he die?
18. What are some descriptive adjectives your father would use to describe his father growing up? (Kind, harsh, etc.)
19. What are some descriptive adjectives your father would use to describe his mother growing up? (Kind, harsh, etc.)
20. What was the relationship between your paternal grandparents? Close? Distant? Conflict?

21. What was your relationship with your father growing up? Close? Distant? Conflict?
22. What are some descriptive adjectives your mother would use to describe her father growing up? (Kind, harsh, etc.)
23. What are some descriptive adjectives your mother would use to describe her mother growing up? (Kind, harsh, etc.)
24. What was the relationship between your maternal grandparents? Close? Distant? Conflict?
25. What are some adjectives you would use to describe how you experienced your mother when you were growing up
26. What was your relationship with your mother growing up? Close? Distant? Conflict?
27. What is the relationship between your parents? Close? Distant? Conflict?
28. Describe with adjectives how you experienced your parents growing up.
29. Describe with adjectives how you experienced school growing up.
30. What two or three words would you use to describe the atmosphere of your home? (Examples: secure, loving, fun, empty, tense, insecure, etc.)
31. Describe with adjectives how you experienced religion growing up.
32. Was religion positive or negative for you growing up? 0-12? 13-18?
33. Who are the people who affirmed you growing up? Valued you? You knew they took delight in you?
34. After going through this process, do you have any personal reflection that you can share that gives you any new understanding of your life in this family?

Questions for Discovering Core Beliefs

How would you complete these sentences if you were twelve-years-old?

Security/Survival

What I learned to do to survive or be secure when I was twelve-years-old was_____.

Affection/Esteem

What I learned to do to feel affirmed, valued, beloved or cared for by others was_____.

Power/Control

What I learned to do to control the way others responded to me was_____.

The following are some sample responses for each category:

Security/Survival

Be good
Obey
Be perfect
Work hard
Be invisible

Power/Control

Be funny
Be nice
Be cute
Be strong/no weakness

Affection/Esteem

Perform to please
Achieve to please
Be the best
Be pretty