

FAMILY HISTORY ANALYSIS - LONG FORM

Instructions: You are under no obligation to complete this longer version of the Family History Analysis; it is entirely optional. However, if you would like to explore more deeply the impact of family experiences on your life, including your spiritual life, the following questions can help you become aware of possible problem areas. Complex and deep emotional issues related to family of origin are not uncommon. If you become aware of such problems and you would like to work on them, we will be glad to recommend a professional counselor, who is also a spiritually mature, biblically sound believer.

NOTE: If you have experienced any kind of abuse or trauma for which you have not sought counseling, exploring these questions may bring to mind painful experiences and emotions. If you find yourself becoming emotionally upset as you work through these questions, we recommend that you put this questionnaire aside and ask advice from your mentor as to whether you should speak to a professional counselor.

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1. Please describe your father in several words or phrases: _____

2. What were the three main emotions your father demonstrated as you were growing up?

3. How did he show affection to you while you were growing up? Now? _____

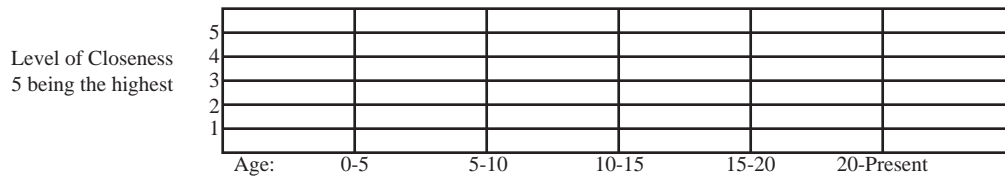
4. What kind of disciplinarian was your father as you were growing up? _____

5. What emotions do you feel toward your father? _____

6. How well do you communicate with your father today? _____

7. In several words or phrases, please describe your father's faith as you were growing up:

8. Please use this graph to describe your closeness with your father over the time periods indicated:



9. Please describe your mother in several words or phrases: _____

10. What were the three main emotions your mother demonstrated as you were growing up?

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11. How did she show affection to you while you were growing up? Now? _____

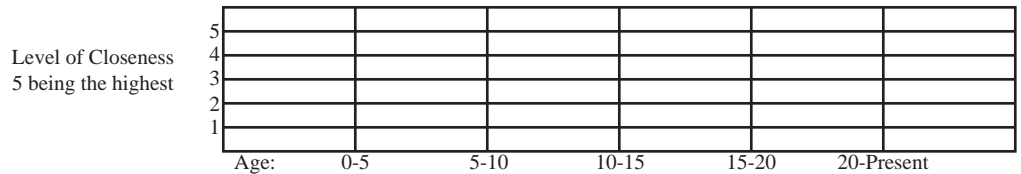
12. What kind of disciplinarian was your mother as you were growing up? _____

13. What emotions do you feel toward your mother? _____

14. How well do you communicate with your mother today? _____

15. In several words or phrases, please describe your mother's faith as you were growing up:

16. Please use this graph to describe your closeness with your mother over the time periods indicated:



17. How do you currently relate to your father and mother emotionally? (Put F or M next to appropriate number)

Dependent 1 2 3 4 5 Independent

18. As you look back, do you think your parents expressed their emotions in an open, direct manner? _____

19. Were you and your siblings able to express your emotions freely? _____

20. How would you describe your parents' marriage while you were growing up?

Happy Mostly happy Occasional problems Frequent problems Unhappy

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21. How did they demonstrate affection toward one another? _____

22. What is your parents' marital status? (Please circle all that apply.)
Both living One deceased Both deceased Separated Divorced Remarried
23. If your parents are divorced, how old were you when the divorce occurred? _____
24. If your parents are divorced, what is their current marital status? _____

25. If your parents divorced when you were still at home, did you grow up with a step-parent? Step-brothers/sisters? _____

26. Please list the age and sex of all the siblings you grew up with, including yourself.

27. Please indicate the degree of closeness you enjoy with each sibling, using a scale of 1-5, with 5 being the highest. _____

28. Were either of your parents perfectionists or Type-A personalities? If so, which one?

29. Did either of your parents suffer from emotional problems while you were growing up?

30. Were either of your parents alcoholics or heavy drinkers? _____

31. Did either parent abuse prescription or non-prescription drugs? _____
32. Growing up, were your parents critical, judgmental, demanding, indifferent, distant, absent toward you? (Circle all that apply.)
33. Growing up, what were the main "should" and "ought" messages you received from your parents? _____

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34. Were the family rules: flexible, firm or rigid?
35. How were violations of family rules handled? _____

36. Did you feel loved in your family? _____
37. Did you feel "safe" in your family? _____
38. How would you describe your parents' expectations of you while you were growing up? _____

39. Did your parents express their expectations of you in a clear manner? _____
40. Did you feel your parents' expectations of you were sometimes inappropriate or impossible to achieve? _____
41. How would you describe your parents' expectations of you now? _____

42. Do you feel that you now have your parents' approval? _____

43. Do you have any unresolved anger toward your parents or siblings? _____
44. How do you feel about the religious training you received as you were growing up?

45. What were your parents' occupations? _____

46. Was your family financially secure as you grew up? _____
47. How do you currently relate to your parents financially?
Dependent 1 2 3 4 5 Independent
48. What is your best insight into how these family relationships have affected other significant relationships in your life? _____

