

FAMILY HISTORY ANALYSIS - SHORT FORM

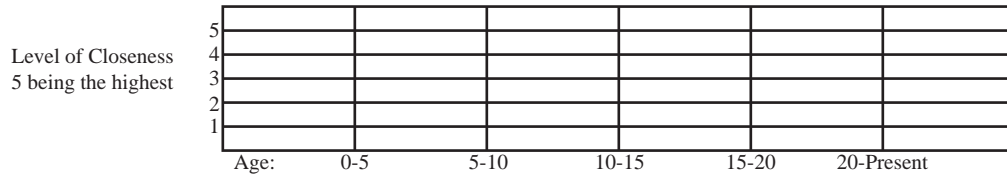
Understanding that early parental/family experiences contribute significantly to the formation of our personalities, and that we relate to the Lord with the same personality with which we relate to people, the insights gleaned from the following Family History Analysis can help you better understand your image of and attitude toward God as well as help you recognize and deal with any broken or impaired relationships with parents and/or siblings. (Such problems are not unusual and, depending on depth and severity, can sometimes be significant hindrances to our spiritual growth.)

You are under no obligation to complete this questionnaire; it is entirely optional. However, it may provide useful information for you to discuss with your mentor as he/she seeks to understand you and how to help you grow spiritually.

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



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

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

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



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7. While you were growing up, were there any other people you felt closer to than your parents? _____

8. Growing up, what were the main “should” and “ought” messages you received from your parents? _____

9. Did you feel loved in your family? _____
10. Did you feel “safe” in your family? _____
11. Do you have any unresolved anger toward your parents or siblings? _____

12. How do you feel about the religious training you received as you were growing up? _____

13. How would you describe your parents’ expectations of you while you were growing up? _____

14. How would you describe your parents’ expectations of you now? _____

15. What is your best insight into how these family relationships have affected other significant relationships in your life? _____

