



NAME: _____ DATE: _____

FAMILY HISTORY INFORMATION

(SINGLE ADULT)

I. Father's / Mother's Family of Origin

A. Please describe your childhood relationship with your parents.

1. How strong or weak was the bond between your parents and their children?

2 .How was the bond that you had with your parents different from that of your siblings?

3. Did either of your parents prefer one child over another?

4. Describe the disciplinary approaches of your mother and father.

5. Was either of them overprotective?

6. Was either overindulgent? (Giving you too many liberties.)

7. Was either particularly restrictive?

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8. Was either harsh or demanding?

9. Was either encouraging?

10. Was either patient, kind, loving?

11. What influences did your father and mother have on your moral and spiritual development as a child?

12. As a teenager?

B. Describe the marriage relationship between your parents.

1. What were the strengths of their marriage?

2. What were the weaknesses of their marriage?

3. Was there any separation, divorce, infidelity?

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4. Was there any alcoholism, drug abuse?

5. Was there any physical abuse, psychological abuse?

6. Describe your father's spiritual life?

7. Describe your mother's spiritual life?

8. Did they attend church regularly?

9. Did either of them lead the family in prayer?

10. Did either of them lead the family in devotions or Bible reading?

11. Did either of them live the Christian life on a daily basis?

12. What were your father's attitudes toward women?

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13. What was his attitude towards his wife?

14. What were your mother's attitudes toward men?

15. What was her attitude towards her husband?

C. How did your parents influence your identity and sense of well-being?

1. How did your parents treat the uniqueness and individual differences in each of their children?

2. How did your parents help you develop a sense of individual responsibility and freedom?

3. How did your parents help you develop your identity?

4. Which parent did you identify with most?

5. What qualities did you pick up from each parent?

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6. Do you seek parental approval of your decisions or activities since you have been a single independent adult?

7. Does either of your parents seem to intrude in your life?

8. Does either dominate or interfere with your affairs?

D.How did your parents relate to their community?

1. What were your father's and mother's relationship to the community?

2. What was your family's reputation in the community?

3. What was your family's socioeconomic status?

4. What was your family's standard of living?

5. What was your family's educational level?

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6. What was your family's value for education of children?

7. What was your family's income level?
