NAME: ________________________________

FAMILY OF ORIGIN

A. Family of Origin

1. Identify your major caregivers.

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<thead>
<tr>
<th>Name</th>
<th>Relationship</th>
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</table>

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? __________________________

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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 to 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 to 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 or adoption.

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

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

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

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

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

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

D. Childhood Memories and Parental Relationships

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 being in the physical presence of your father.

12. List nouns and adjectives to describe your mother.

<table>
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<tr>
<th>Positive</th>
<th>Negative</th>
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</table>
List nouns and adjectives to describe your father.

| Positive | | Negative |
|----------|----------|
|          |          |          |
|          |          |          |
|          |          |          |
|          |          |          |

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.)

__________________________________________________________________________

__________________________________________________________________________

__________________________________________________________________________

__________________________________________________________________________

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16. As a child, what did you do to get approval from your mother?


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 from your father which you never received or he never did for you? (Example: That he would support me in my decisions.)


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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 at the time?

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

22. When you think of yourself as a child, how old are you? ______________________

23. Describe yourself as a child.

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

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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.

________________________________________________________________________

Describe the theme of your favorite story and how you related to each of the main characters.
________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

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? Yes ______ No ______

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 you have with your father today.

________________________________________________________________________________________

________________________________________________________________________________________

________________________________________________________________________________________

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

________________________________________________________________________________________

________________________________________________________________________________________

________________________________________________________________________________________

________________________________________________________________________________________
I. Reflections

31. Reflect on your childhood and your life today. In what ways would you and your life be different today if you had had functional parents?

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________