Family History Survey

You are about to begin an assessment that will provide Currents Counseling with information related to your family history. All answers are required unless specified as optional.

Be open and honest with your answers. This is a confidential survey. All information provided will be used strictly as a part of your therapy. Thank you.

* Required

BASIC INFO

1. **What is your name (first and last)?** *

2. **How old are you? (enter number)** *

3. **Were your parents ever separated or divorced while you lived at home?** *
   Mark only one oval.
   - Yes
   - No

4. **If both parents are living, are they still together?** *
   Mark only one oval.
   - Yes
   - No
   - N/A: At least one parent is no longer living.

5. **Which best describes your upbringing through MOST of your childhood?** *
   Mark only one oval.
   - Lived with 2 parents, both biological.
   - Lived with 2 parents, one biological
   - Lived with 2 parents, adopted
   - Lived with 1 parent, biological
   - Lived with 1 parent, adopted
   - Lived with other family members
   - Lived in foster homes
   - Other: _____

6. **How many other siblings did you live with before you were 18 years old? How much older/younger were they?** *

7. **Were there any deaths in you immediate family while you lived at home? If so, please explain.** *

INSTRUCTIONS

Unless otherwise specified, think about the grade-school years of your life as you answer these questions. If you did not grow up with a biological or adoptive parent, please answer the questions in regard to whatever adult(s) assumed the role of parent in your life during most of your childhood (grade school age and younger).

PLEASE READ EACH QUESTION CAREFULLY. Some are positive statements while others are negative ones.

8. **I have read and understand the instructions.** *
   Mark only one oval.

   - Yes

CONNECTIONS

9. **We frequently took special trips or vacations as a family.** *
   Mark only one oval.

	1	2	3	4	5	6	
Disagree							Agree

10. **My parents were openly affectionate with each other.** *
    Mark only one oval.

	1	2	3	4	5	6	
Disagree							Agree

11. **As a child, I was often told "I love you" by a parent.** *
Mark only one oval.

	1	2	3	4	5	6	
Disagree	◯	◯	◯	◯	◯	◯	Agree

12. **My parent(s) often showed me that they loved me.** *
Mark only one oval.

	1	2	3	4	5	6	
Disagree	◯	◯	◯	◯	◯	◯	Agree

13. **I was loved/valued equally by both parents.** *
Mark only one oval.

	1	2	3	4	5	6	
Disagree	◯	◯	◯	◯	◯	◯	Agree

14. **Whenever I was hurt or afraid, my parent(s) would readily comfort me.** *
Mark only one oval.

	1	2	3	4	5	6	
Disagree	◯	◯	◯	◯	◯	◯	Agree

15. **Love/affection was seldom expressed in my family.** *
Mark only one oval.

	1	2	3	4	5	6	
Disagree	◯	◯	◯	◯	◯	◯	Agree

16. **My parents used discipline that was unnecessarily strict or harsh.** *
Mark only one oval.

	1	2	3	4	5	6	
Disagree	◯	◯	◯	◯	◯	◯	Agree

17. **As a child, I had major conflict with at least one sibling.** *
Mark only one oval.

	1	2	3	4	5	6	
Disagree	◯	◯	◯	◯	◯	◯	Agree

18. **I was lonely as a child.** *
Mark only one oval.

	1	2	3	4	5	6	
Disagree	◯	◯	◯	◯	◯	◯	Agree

COMMUNICATION

19. **It was okay to tell my parent(s) what my needs were.** *
Mark only one oval.

	1	2	3	4	5	6	
Disagree	◯	◯	◯	◯	◯	◯	Agree

20. **My parent(s) encouraged me to talk about my feelings.** *
Mark only one oval.

	1	2	3	4	5	6	
Disagree	◯	◯	◯	◯	◯	◯	Agree

21. **My parent(s) encouraged me to talk about my life and interests.** *
Mark only one oval.

	1	2	3	4	5	6	
Disagree	◯	◯	◯	◯	◯	◯	Agree

22. **I could easily go to my parent(s) and ask for help as a child.** *
Mark only one oval.

	1	2	3	4	5	6	
Disagree	◯	◯	◯	◯	◯	◯	Agree

23. **My parent(s) praised me often.** *
Mark only one oval.

	1	2	3	4	5	6	
Disagree	◯	◯	◯	◯	◯	◯	Agree

24. **Most of the conversations in our home were positive and pleasant.** *
Mark only one oval.

	1	2	3	4	5	6	
Disagree	◯	◯	◯	◯	◯	◯	Agree

25. **A parent or other adult in the household often swore at me or put me down.** *
Mark only one oval.

	1	2	3	4	5	6	
Disagree	◯	◯	◯	◯	◯	◯	Agree

26. **If I had problems as a child, I usually kept them to myself.** *
Mark only one oval.

	1	2	3	4	5	6	
Disagree	◯	◯	◯	◯	◯	◯	Agree

STABILITY

27. **My mother was present and actively involved in my life.** *
Mark only one oval.

	1	2	3	4	5	6	
Disagree	◯	◯	◯	◯	◯	◯	Agree

28. **My father was present and actively involved in my life.** *
Mark only one oval.

	1	2	3	4	5	6	
Disagree	◯	◯	◯	◯	◯	◯	Agree

29. **There was a lot of laughter in my home as a child.** *
Mark only one oval.

	1	2	3	4	5	6	
Disagree	◯	◯	◯	◯	◯	◯	Agree

30. **As a child, I felt safe in my home.** *
Mark only one oval.

	1	2	3	4	5	6	
Disagree	◯	◯	◯	◯	◯	◯	Agree

31. **My parent(s) did not protect me from danger very well.** *
Mark only one oval.

	1	2	3	4	5	6	
Disagree	◯	◯	◯	◯	◯	◯	Agree

32. **My home was very chaotic.** *
Mark only one oval.

	1	2	3	4	5	6	
Disagree	◯	◯	◯	◯	◯	◯	Agree

33. **There was a lot of tension in my home when I was a child.** *
Mark only one oval.

	1	2	3	4	5	6	
Disagree	◯	◯	◯	◯	◯	◯	Agree

34. **There was a lot of conflict in our family during childhood.** *
Mark only one oval.

	1	2	3	4	5	6	
Disagree	◯	◯	◯	◯	◯	◯	Agree

35. **Anger was forbidden in my family during childhood.** *
Mark only one oval.

	1	2	3	4	5	6	
Disagree	◯	◯	◯	◯	◯	◯	Agree

36. **Anger was frequently expressed in my family during childhood.** *
Mark only one oval.

	1	2	3	4	5	6	
Disagree	◯	◯	◯	◯	◯	◯	Agree

37. **The family I grew up in struggled financially.** *
Mark only one oval.

	1	2	3	4	5	6	
Disagree	◯	◯	◯	◯	◯	◯	Agree

38. **I was often physically hungry as a child.** *
Mark only one oval.

	1	2	3	4	5	6	
Disagree	◯	◯	◯	◯	◯	◯	Agree

39. **My family moved too often.** *
Mark only one oval.

	1	2	3	4	5	6	
Disagree	◯	◯	◯	◯	◯	◯	Agree

40. **At least one parent drank too much alcohol.** *
Mark only one oval.

	1	2	3	4	5	6	
Disagree	◯	◯	◯	◯	◯	◯	Agree

41. **At least one parent misused drugs (either prescribed or prescribed).** *
Mark only one oval.

	1	2	3	4	5	6	
Disagree	◯	◯	◯	◯	◯	◯	Agree

42. **Parents or other adults in the household sometimes pushed, grabbed, hit, slapped or threw something at each other.** *
Mark only one oval.

	1	2	3	4	5	6	
Disagree	◯	◯	◯	◯	◯	◯	Agree

43. **A parent or other adult in the household sometimes pushed, grabbed, hit, slapped or threw something at me.** *
Mark only one oval.

	1	2	3	4	5	6	
Disagree	◯	◯	◯	◯	◯	◯	Agree

44. **As a child, I was inappropriately touched, fondled, or asked to sexually touch someone older than me.** *
Mark only one oval.

	1	2	3	4	5	6	
Disagree	◯	◯	◯	◯	◯	◯	Agree

Identity

45. **My parent(s) encouraged me to explore things that interested me.** *
Mark only one oval.

	1	2	3	4	5	6	
Disagree	◯	◯	◯	◯	◯	◯	Agree

46. **My parents were proud of me.** *
Mark only one oval.

	1	2	3	4	5	6	
Disagree	◯	◯	◯	◯	◯	◯	Agree

47. **My birthdays were well celebrated.** *
Mark only one oval.

	1	2	3	4	5	6	
Disagree	◯	◯	◯	◯	◯	◯	Agree

48. **My parent(s) usually showed up for my special events (at school, clubs, sports, church, etc.).** *
Mark only one oval.

	1	2	3	4	5	6	
Disagree	◯	◯	◯	◯	◯	◯	Agree

49. **My parent(s) often ignored or neglected me.** *
Mark only one oval.

	1	2	3	4	5	6	
Disagree	◯	◯	◯	◯	◯	◯	Agree

50. **I often got blamed if something went wrong at home, even if it wasn't my fault.** *
Mark only one oval.

	1	2	3	4	5	6	
Disagree	◯	◯	◯	◯	◯	◯	Agree

51. **I was often criticized or humiliated by a parent.** *
Mark only one oval.

	1	2	3	4	5	6	
Disagree	◯	◯	◯	◯	◯	◯	Agree

52. **Religion played a major role in my childhood family.** *
Mark only one oval.

	1	2	3	4	5	6	
Disagree	◯	◯	◯	◯	◯	◯	Agree

53. **My parent(s) had very high expectations for my behavior.** *
Mark only one oval.

	1	2	3	4	5	6	
Disagree	◯	◯	◯	◯	◯	◯	Agree

54. **As a child, I felt pressure to not make mistakes.** *
Mark only one oval.

	1	2	3	4	5	6	
Disagree	◯	◯	◯	◯	◯	◯	Agree

FINAL COMMENTS

55. **Please provide any additional information that may be helpful in understanding how you experienced your family AS A CHILD. (Optional)**

56. **Please provide a brief description of your CURRENT relationship with your family.** *

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