

Family Concept Questions

Look for answers in your system. If you don't know how they operate in yours how will you see them in another system?

1. Identify two or more "rules" from your family of origin and describe how they worked.
2. How did your family stay in balance? How did it keep people in line? How did system react if a person tried to be different/change?
3. How did you leave home? Describe your "weaning" process. How do you know if you did leave? What needs to be done to leave?
4. Under what situations are you more likely to respond/react emotionally? What is the pattern of your reactivity?
5. Describe how you triangle in other people/things? Under what conditions will you more likely triangle?
6. Describe how you get triangled? Take sides?
7. How is tension manifested in your system? Who is best barometer?
8. What is your pattern of either withdrawing or fusion in the face of increasing tension? Describe the behavior.
9. What was going on in your family when you were conceived, born? What were circumstances between your parents and their parents at the time? How much anxiety is the system?
10. What is/was your role in your family of origin? How learn it? How was it maintained? Then? Now?
11. Where did anxiety "go" in your family of origin? What got on you? Where does it go now? Who is most vulnerable?
12. Describe as clearly as possible what these mean in you and your system: anxiety, uptightness, reactivity.
13. What is your birth position? What automatic behavior does it carry with it? Your spouse's? How do they "fit"?

"Individual And Family Systems Script Analysis Worksheet"

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NAME: _____ Date: _____

Birth-Myth: _____

Names and Nicknames: _____

Who chose your given name and why? _____

What names did you like? _____

What names did you dislike? _____

Epochs _____

Who were the significant parent figures in your childhood? _____

Describe your Mother When you were a child :: _____

Describe your Father When you were a child :: _____

Describe their marriage:

Describe your brothers and sisters:

Favorite Childhood Story: _____

Outcome: _____

Feelings: _____

Favorite Childhood Game: _____

Win and/or Lose: _____

Feelings: _____

Favorite Song During Teens: _____

Heroes and/or Heroines: _____

Which Parent told you what to do and what not to do?
What did they call you? Place that name in the left margin in front of # 1
and then complete each injunction the way you think your parents would have
completed them when you were a child. (Between age 4 and last week.)

- _____ 1. Remember to be _____
- " _____ 2. In our family we always _____
- " _____ 3. Don't be _____
- " _____ 4. Most men are _____
- " _____ 5. We expect you to _____
- " _____ 6. When it comes to money _____
- " _____ 7. Most women are: _____
- " _____ 8. When you get married _____
- " _____ 9. If you want to get ahead _____
- " _____ 10. The thing a woman looks for in a man is _____
- " _____ 11. When it comes to sex _____
- " _____ 12. The important quality a man looks for in a woman is _____
- " _____ 13. When it comes to religion _____
- " _____ 14. You can expect people to _____
- " _____ 15. You will go to hell if you _____
- " _____ 16. Don't you ever _____

If your parents were to tell me the truth how would they describe YOU as a child: _____

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What happened the last time you got your feelings hurt? _____

When I get angry I _____

and then _____

Motto (Front) _____

(Back) _____

Life is _____

Positive Scenario 10 Years From Today _____

Negative Scenario 10 Years From Today _____

If I had continued as I was living before I came into therapy, in five years I would have been _____

When do you think you will die and how? _____

Epitaph - "Here lies _____ He/She _____

What is wrong with you? _____

Which parent had the same thing wrong? _____

The happiest time(s) of my life _____

When I try harder at work _____

When I try harder in relationships _____

What would be the last thing you would hold on to if you had sacrificed all else? _____

What would you be willing to die for? _____

What do you want out of therapy? _____

What would like to give yourself permission to do? _____

How do you feel right now? _____