

Family of Origin Functioning

There can be many challenges for a child growing up in the desolate domain of a poor functioning family. Spend a few minutes defining how your family operated. On a scale of 1 to 10 how would you rate your family of origin's functioning?

	1	2	3	4	5	6	7	8	9	10	
Respectful	_____										Disrespectful
Close	_____										Distant
Kind	_____										Harsh
Affectionate	_____										Withholding
Affirming	_____										Critical
Flexible	_____										Rigid
Consistent	_____										Inconsistent
Dependable	_____										Unreliable
Honest	_____										Dishonest
Nurturing	_____										Neglectful
Tolerant	_____										Judgmental
Dignified	_____										Embarrassing
Stable	_____										Irrational
Orderly	_____										Chaotic
Empowering	_____										Overpowering
Relaxed	_____										Tense
Empathic	_____										Insensitive
Compromising	_____										Imposing
Protective	_____										Precarious
Predictable	_____										Unpredictable
Calm	_____										Angry
Gentle	_____										Domineering
Secure	_____										Insecure
Fun	_____										Miserable
Safe	_____										Abusive
Loving	_____										Rejecting
Sensitive	_____										Demanding
Supportive	_____										Controlling
Comforting	_____										Frightening
Fair	_____										Unjust

What did this list tell you about your early life? Taking stock in this way can be a shock, if it gives a clear indication of the struggles you faced.

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