

Who Raised You?/Family of Origin

Who Raised You?		
Who was in the family home?		Why?
Who was absent from the family home?		Why?
What were you told about family members who were absent?		
Were they absent just from the family home or from your life?		
What did <i>you</i> believe about the person or people who weren't present in the home?		

Quality of Relationships

Who was most connected to whom?	
Who was closest to whom?	
Who was more detached from whom?	
How was emotional support shown between family members?	
How durable were the relationships (could they withstand stress, trouble, anger or difficult times)?	
How easily were relationships broken?	
How easily were relationships mended?	
What mended them?	

Family Structure

What roles did people play in your family?	
How were men defined?	
How were women defined?	
How were men treated in the family?	
How were women treated in the family?	