

Instruments for Family of Origin

The family of origin is the family with which you spent most or all of your childhood years. This scale is designed to help you recall how your family of origin functioned.

Each family is unique and has its own ways of doing things. Thus, there are no right or wrong choices in this scale. What is important is that you respond as honestly as you can.

In reading the following statements, apply them to your family of origin, as you remember it. Using the following scale, highlight the appropriate number. Please respond to each statement.

- 5 (SA) = Strongly agree that it describes my family of origin
- 4 (A) = Agree that it describes my family of origin
- 3 (N) = Neutral.
- 2 (D) = Disagree that it describes my family of origin
- 1 (SD) = Strongly disagree that it describes my family of origin

		SA	A	N	D	SD
1	In my family, it was normal to show both positive and negative feelings.	5	4	3	2	1
2	The atmosphere in my family usually was unpleasant	5	4	3	2	1
3	In my family, we encouraged one another to develop new friendships.	5	4	3	2	1
4	Differences of opinion in my family were discouraged.	5	4	3	2	1
5	People in my family often made excuses for their mistakes.	5	4	3	2	1
6	My parents encouraged family members to listen to one another.	5	4	3	2	1
7	Conflicts in my family never got resolved.	5	4	3	2	1
8	My family taught me that people were basically good.	5	4	3	2	1
9	I found it difficult to understand what other family members said and how they felt.	5	4	3	2	1
10	We talked about our sadness when a relative or family friend died.	5	4	3	2	1
11	My parents openly admitted it when they were wrong.	5	4	3	2	1
12	In my family, I expressed just about any feeling I had.	5	4	3	2	1
13	Resolving conflicts in my family was a very stressful experience.	5	4	3	2	1

Linda Howerton
 Fall 2006
 SOCW 333

14	My family was receptive to the different ways various family members viewed life.	5	4	3	2	1
15	My parents encouraged me to express my views openly.	5	4	3	2	1
16	I often had to guess at what other family members thought or how they felt.	5	4	3	2	1
17	My attitudes and my feelings frequently were ignored or criticized in my family.	5	4	3	2	1
18	My family members rarely expressed responsibly for their actions.	5	4	3	2	1
19	In my family, I felt free to express my own opinions.	5	4	3	2	1
20	We never talked about our grief when a relative or family friend died.	5	4	3	2	1
21	Sometimes in my family, I did not have to say anything, but I felt understood.	5	4	3	2	1
22	The atmosphere in my family was cold and negative.	5	4	3	2	1
23	The members of my family were not very receptive to one another's views.	5	4	3	2	1
24	I found it easy to understand what other family members said and how they felt.	5	4	3	2	1
25	If a family friend moved away, we never discussed our feelings of sadness.	5	4	3	2	1
26	In my family, I learned to be suspicious of others.	5	4	3	2	1
27	In my family I felt that I could talk things out and settle conflicts.	5	4	3	2	1
28	I found it difficult to express my own opinions in my family.	5	4	3	2	1
29	Mealtimes in my home usually were friendly and pleasant.	5	4	3	2	1
30	In my family, no one cared about the feelings of other family members.	5	4	3	2	1
31	We usually were able to work out conflicts in my family.	5	4	3	2	1
32	In my family, certain feelings were not allowed to be expressed.	5	4	3	2	1
33	My family believed that people usually took advantage of you.	5	4	3	2	1
34	I found it easy in my family to express what I thought and how I felt.	5	4	3	2	1
35	My family members usually were sensitive to one another's feelings.	5	4	3	2	1
36	When someone important to us moved	5	4	3	2	1

Linda Howerton

Fall 2006

SOCW 333

	away, our family discussed our feelings of loss.					
37	My parents discouraged us from expressing views different from theirs.	5	4	3	2	1
38	In my family, people took responsibility for what they did.	5	4	3	2	1
39	My family had an unwritten rule: Don't express your feelings.	5	4	3	2	1
40	I remember my family as being warm and supportive.	5	4	3	2	1