

Getting Acquainted

We are excited that you are coming to our center. We value the relationships we form with our clients. We are looking forward to our relationship. The following worksheet is a way for us to get acquainted with you.

The atmosphere in your original family, and especially your relationship with your parents, has a tremendous effect on how you will parent. You learned your parenting skills and your life skills from the most important school of all – your family. Some of the things you learned were good. Some were not so good. If it was mostly good, you will be happy to pass on what you learned. If it was mostly bad, you will want to take a second look at what good parenting is. But, whether it was good or bad or a mix of both, everyone can learn better parenting skills.

LOOKING AT MY FAMILY

The following worksheet will help you look back at how you were parented. Maybe you have never thought of this. Or maybe you do nothing but think of your childhood. By filling out this worksheet, you will get to know yourself a little better and it will also help us to get to know you. This isn't a test. **If there are any questions you don't want to answer, just skip them.** Because there are so many blended families, people have natural siblings, half siblings, step siblings, step mothers and step fathers. If any of these people were involved in your childhood in a significant way, indicate them by putting a "S" or "H" after them where appropriate. Everything you write here is confidential.

1. How many children in the family? Brothers:_____ Sisters:_____ (If there are step or half siblings put "S" or "H" after the number)
2. Where did you fall in your family of siblings that you grew up with? For instance, the oldest, the youngest, etc._____
3. Were your parents divorced? If so, how old were you when this happened?_____
4. Did your mom remarry?_____ How many times?_____ How old were you?_____
5. Did your dad remarry?_____ How many times?_____ How old were you?_____
6. Who did you live with?_____
7. Below are words that describe how a family might be like. While we know all families experience good and bad times simply because that's how life is, most people have a feeling that stands out about their childhood. **Circle** the words that best describe your *feelings* when you were in grade school. If things changed in high school, go back and put **a line** under the words that apply while you were in high school.

Fun Happy Quiet Orderly Chaotic Close Angry Unhappy Confused Fearful
Safe Religious Sheltered Judgmental Loving Secure Distant Sad Rigid Trusting

8. Read each statement below. Using a scale of **0** which means it **never** was that way; **10** which means it was **always** that way, or any number in between to indicate how little or how much it was that way, write the number before the statement.

_____ In our family, we felt free to share our feelings and knew we would be listened to.

_____ As children, our parents both told us and showed us that they loved us no matter what we did.

_____ I never felt I had to be good to be loved. I felt I was loved because of who I was inside.

_____ In our home, we felt accepted. The climate was positive and basically non-judgmental.

_____ As a child, I always felt my parents could take care of problems that the family faced.

_____ I was able to be a child. I never felt responsible for my parent(s) happiness.

_____ When I had an emotional need, I could verbalize that need and my parents would respond appropriately.

_____ We solved problems in our home by discussing them and working through them.

_____ There was not much screaming or fighting in my home.

_____ Now that we are older, the family can get together without tension and underlying anger and un-resolved issues between family members.

9. Have you ever been to counseling? _____ How old were you? _____ How would you describe your experience? _____

10. Was there any physical abuse in your family? _____ Who was the abuser? _____
Who were the abused? _____

11. Were you ever sexually molested? _____

12. When you were growing up, did alcohol or drugs affect your parent's parenting abilities? _____

13. What is your relationship now with your family? Place a check mark behind the person who fits in that category. If you have 2 brothers who fall under "Great" and a sister who falls under "Neutral", put 2 check marks by Brother under "Great" and 1 by Sister under "Neutral." (Remember to indicate step mothers, dads or siblings and half siblings with the letter "S" or "H" next to the check mark. Natural siblings and parents do not need a letter.)

14. **Great.** We've talked about the past as it really was and worked through our feelings together. We can now talk about our feelings with honesty and openness. If a conflict comes up we solve it.
Mom _____ Dad _____ Brother _____ Sister _____

Good. We never have discussed the problems of the past. We put it behind us and get along but there are certain subjects that we cannot discuss.

Mom _____ Dad _____ Brother _____ Sister _____

Neutral. I do my thing he/she does hers/his. We touch base occasionally but don't really talk or emotionally connect.

Mom _____ Dad _____ Brother _____ Sister _____

Not so good. When we talk, there is lots of tension and bad feelings. I have to be careful about what I say and sometimes (not all the time) our talks end in angry hurtful words.

Mom _____ Dad _____ Brother _____ Sister _____

LOOKING AT MYSELF

Do you know who you are? A lot of young women, especially teenagers, really can't answer the question "Who Am I?" And, in truth it is not an easy question to answer. We are different to different people in our lives. We change, grow, rethink and learn throughout life. But there are some things that make up our basic personality. This section is an opportunity for you to examine who you are and for your parenting instructor/counselor to get to know you.

1. What is your favorite hobby? _____

2. If you had a day to do whatever you would want, what would you do? _____

3. Of all the people in your life, who would you most like to spend that day with? _____

4. Everybody is good at something. Some can style hair, others can play volleyball, others can play an instrument. What is something(s) you are good at? _____

5. When you look at something you would like to learn or do what is your immediate response?

___ I could never do that ___ I would like to try ___ I can do that

6. True ___ or False ___ At this time in my life, I am happy with where I am and what I'm doing.

7. My two best friends would describe me as: (circle as many as you like)

Angry Anxious Bad Beautiful Bitter Brave Calm Capable Cheerful Confused

Dependent Disturbed Dumb Energetic Good Goofy Independent Kind Lazy

Loving Mean Nervous Nice Proud Sad Screwed up Shy Sexy Sensitive

Smart Stingy Talkative Worried Wonderful

8. I would describe myself as:

Angry Anxious Bad Beautiful Bitter Brave Calm Capable Cheerful Confused
Dependent Disturbed Dumb Energetic Good Goofy Independent Kind Lazy
Loving Mean Nervous Nice Proud Sad Screwed up Shy Sexy Sensitive
Smart Stingy Talkative Worried Wonderful

9. If you are angry at a friend you:

- Try to talk it out.
- Think and worry about it but don't say anything
- Talk to others about it.
- Bottle it up and pretend nothing is wrong until you "blow up."
- Ask another friend to talk to her.

10. Your friend just got her hair cut and colored and it looks awful. She bounces in and asks you what you think. You would:

- Oooh and aaah and tell her you love it.
- Ask her if *she* likes it.
- Tell her you liked it better the other way
- Tell her you hate it

11. If two of your friends are having problems with each other and each talks to you about the other. You would find yourself:

- Acting as a mediator (go-between) trying to get each to see the other's point of view.
- Listening to each of them and adding what you know about the other to the conversation.
- Getting upset with both of them and tell them to "grow up!"
- Be friends with each and let them work it out.

12. You didn't study for an important test. A friend offers you the answers on a cheat sheet. You would:

___ Take them and use them and not feel guilty.

___ Take them and use them but feel really guilty.

___ Tell her no thanks.

___ Take them, copy them and give them to friends.

13. Which is most like you?

___ A person who doesn't talk to anyone about personal problems.

___ A person who talks to one or two very close friends.

___ A person who talks to a group of girlfriends.

___ A person who talks to anyone who will listen.

14. When you were a child, was religion part of your upbringing? _____

15. When you are really sad or upset do you ever pray? _____

16. Do you feel better after praying? _____

17. If you could rate your relationship with God, 1 being Don't Believe to 10 being He Is The Center Of My Life, how would you rate it? Circle One: 1 2 3 4 5 6 7 8 9 10

LOOKING AT THE FUTURE

1. If you could be any profession you wanted you would be a _____.

2. Do you use a daily planner? _____

3. What are your plans for your future? _____

4. What steps have you already taken to make those plans a reality? _____

5. Where do you see yourself in two years? _____

6. Where do you see yourself in ten years? _____

7. What things do you see about yourself that might keep you from reaching your goal?

8. What things do you see about yourself that will help you reach your goal? _____

9. What do you want to get out of these parenting/counseling classes? _____

Are there any other comments you would like to make?
