

WHOLE FAMILY QUESTIONNAIRE

	Does not apply at all	Applies a little	Applies a lot	Impossible to answer, don't know
IN OUR FAMILY:				
1. Both parents are the leaders. Neither is always dominant.			X	
2. We can trust other family members not to hurt our feelings deliberately.			X	
3. We believe that outsiders will often take advantage of us.	X			
4. Relatives and friends usually take over when we're having trouble.	X			
5. The children are encouraged to try new things.			X	
6. We fight a lot.	X			
7. Someone often acts as if he or she knows what I am thinking or feeling.	X			
8. We often avoid facing problems until the last minute.	X			
9. It is OK to express sadness.			X	
10. Stress often leads to everyone going separate ways.	X			
11. We are good at solving problems.			X	
12. We don't have to feel ashamed of feelings.			X	
13. We almost always talk about superficial things.	X			
14. I can really be an individual.			X	
15. We are supposed to let people know what our ideas are.			X	
16. It is OK to express joy or happiness.			X	
17. Our feelings don't get ridiculed or put down.			X	
18. It is OK to have our own thoughts and ideas.			X	
19. We are often angry.	X			
20. We are encouraged to start new things.			X	
21. Stress often results in one family member making all the decisions.	X			
22. People let me know they've heard what I think and feel.	X		X	
23. We are often sad or depressed.	X			
24. It is OK to be interested in things that don't interest anyone else.			X	
25. We often feel "what's the use?"	X			

X signifies healthy families

PARENTAL RELATIONSHIP QUESTIONNAIRE

	Does not apply at all	Applies a little	Applies a lot	Impossible to answer, don't know
IN OUR FAMILY:				
1. My wife (husband) and I can talk about our deep feelings and very private thoughts.	F		H	
2. I feel hopeless about ever getting what I need and want emotionally from my wife (husband).	H		F	
3. I find my wife (husband) physically attractive.	F		H	
4. My relationship with one of my parents or a friend is very special and, in some ways, closer than my relationship with my wife (husband).	H		F	
5. Sex with my wife (husband) is sometimes a very intimate, "together" experience.	F		H	
6. My personality and that of my wife (husband) seem to fit well together.	F		H	
7. My wife (husband) and I blame each other a lot.	H		F	
8. There is often tension in my relationship with my wife (husband).	H		F	
9. My relationship with one of our children is very special and, in some ways, closer than my relationship with my wife (husband).	H		F	
10. Sex with my wife (husband) is never really satisfactory.	H		F	
11. There is a strong "charge" or PCSD feeling of excitement in my wife's (husband's) and my relationship.	F		H	
12. My wife (husband) and I are best friends.	F		H	
13. The most important part of my relationship with my wife (husband) is our children.	H		F	
14. I am often angry with my wife (husband).	H		F	
15. Usually, my wife (husband) and I are openly affectionate with each other.	F		H	
16. Sex with my wife (husband) is sometimes a very fun experience.	F		H	
17. I know my wife (husband) cares deeply for me.	F		H	
18. Sex with my wife (husband) is sometimes a very tender experience.	F		H	
19. My wife (husband) and I have sex about as often as I want to.	F		H	
20. My relationship with my wife (husband) is the closest I've ever had.	F		H	

H signifies healthy
F signifies faltering