



Family Dynamics & Prehistory Questionnaire

Section A - Family Structure

1. Name:
2. Date completed:
3. Who raised you (parents, grandparents, guardians, others)?
4. List your siblings, their ages, and your relationship with them:

Section B - Childhood Home Environment

1. How would you describe the atmosphere in your home growing up? (Loving, chaotic, strict, unstable, supportive, neglectful, other)
2. Were there major family changes during your childhood (divorce, remarriage, relocation, financial changes)?
3. Did you experience any forms of abuse (emotional, physical, sexual, neglect)?
4. Were there addictions or mental health challenges in your family?

Section C - Parental Relationships

1. Relationship with your mother (past and present):
2. Relationship with your father (past and present):
3. How did your parents/guardians show love?
4. Were they emotionally available and supportive?
5. Did they encourage independence or expect obedience?



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Section D - Family Communication Styles

1. How were disagreements handled in your family?
2. Were emotions openly expressed or suppressed?
3. Were you able to speak your mind without fear?
4. Did your family spend quality time together? How?

Section E - Cultural & Belief Systems

1. Cultural or ethnic background:
2. Religious or spiritual upbringing:
3. Were you encouraged to follow the same beliefs?
4. How did these beliefs shape your view of relationships?

Section F - Patterns & Legacy

1. What positive relationship patterns did you inherit from your family?
2. What negative patterns do you want to break?
3. Do you notice repeating relationship dynamics in your life that reflect your family's history?
4. What values from your family do you want to pass on to the next generation?