

# FAMILY OF ORIGIN

What did \_\_\_\_\_ experience within their family of origin?

Below is a list of common experiences people encounter within their families. Select all the options that apply to what you have learned about this person’s family dynamics. If necessary add more content in the blank spaces below.

Circle your selections:

Absent parents	Emotional abuse	Performance-based worth
Addictions	Emotionally cold	Physical abuse
Affair	Feeling unloved	Poverty
Alcohol abuse	Fighting/yelling	Religious extremism
Belittling	Food issues	Self-centeredness
Comparisons	Frequent moves	Sexual abuse
Controlling	High stress	Step-parents
Death	Hoarding	Strict parenting
Demanding	Mental illness	Toxic relationships
Demeaning	Neglected	Unkindness
Divorce	Overbearing	Wealth
Drug abuse	Passive parenting	Early responsibility

# How did these experiences impact \_\_\_\_\_ life and the way they treated those around them?

## **Tell us about your mother's interactions with others.**

Based on your experience, describe how she usually related to people around you. Later, we'll look more closely at how they interacted with you.

On each line, circle the word that best describes this person. If neither word fits well, use the "Better Description" column to write your own answer.

Description	Opposite	Better Description
Caring	Indifferent	
Passive	Dominant	
Controlling	Subordinate	
Self-aware	Unaware	
Emotionally distant	Connected emotionally	
Affectionate	Cold emotionally	
Present	Not available	
Discouraging	Empowering	
Positive	Cynical	
Unreliable	Trustworthy	
Hypocritical	Genuine	
Fair	Biased	
Sincere	Contrive	
Dismissive	Supportive	
Honest	Deceptive	
Selfish	Generous	
Respectful	Inconsiderate	
Neglectful	Attentive	
Open-minded	Unreceptive	
Hopeful	Discouraged	
Discontent	Patient	
Nurturing	Neglectful	

# What distortions did \_\_\_\_\_ develop from their experiences as a child?

Below is a list of common distortions that often arise from early life experiences. These are ways people have learned to perceive themselves, others, and the world around them. Take a moment to think about this persons upbringing and select all the distortions you believe they may have developed based on what you know about their childhood.

## As you review the list:

- Focus on patterns or beliefs you associate with their behavior or outlook.
- Select all that seem relevant—there's no need to narrow it down to just one.
- If you're unsure about a specific distortion, trust your instincts. You can revisit this later if needed.
- Your selections will help us better understand the beliefs and perspectives that shaped them.
- If necessary add more content in the blank spaces below.

Conflict always makes things worse.
I can't make mistakes or show weakness and be valued.
I can't be vulnerable and be safe.
People can't be trusted; they'll inevitably hurt me.
I don't belong anywhere.
I have to be perfect to be valued.
My value is dependent on meeting and exceeding your expectations.
I have to be in control to protect myself.
I'll do whatever it takes to avoid being powerless again.
I'll always be the outsider.
I'm completely alone.
I'm only okay if you're okay with me.
I am powerless to change the things I hate about myself.
I'm inherently worthless.
If anyone truly knew me, they'd reject me.
Everything depends on me.
Men/women cannot be trusted or are not safe.
My success is entirely my responsibility.
My value depends on how I'm perceived.
My worth is defined by my performance.

# What disruptive emotions did you see at play in with \_\_\_\_\_ based on these distortions?

Emotions can reveal the impact of distorted beliefs and unprocessed experiences. Below is a list of common disruptive emotions that may have influenced this persons behavior and interactions. Reflect on your observations of their life and select the emotions you believe were driven by their distortions.

## As you make your selections:

- Consider the emotions that seemed to frequently surface in their actions or responses.
- Choose all that are applicable—there's no limit to how many you can pick.
- Don't overthink individual choices; trust your instincts- you can always change your answers later.
- If necessary add more content in the blank spaces below.

## Circle your selections:

Abandonment	Distance	Insignificance	Sarcasm
Aggression	Embarrassment	Irritation	Shame
Alienation	Emptiness	Isolation	Skepticism
Anger	Fear	Jealousy	Submission
Anxiety	Fearfulness	Judgment	Suspicion
Apathy	Fury	Loneliness	Terror
Awfulness	Guilt	Loathing	Threat
Avoidance	Hatred	Powerlessness	Victimization
Aversion	Hesitation	Neglect	Violation
Criticism	Hostility	Overwhelm	Vulnerability
Depression	Humiliation	Rage	Withdrawal
Despair	Hurt	Rejection	Worthlessness
Detest	Inadequacy	Remorse	Worry
Devastation	Indifference	Resentment	Frustration
Disappointment	Inferiority	Revulsion	
Disgust	Infuriation	Ridicule	
Disrespect	Insecurity	Sadness	

# What dysfunctional behaviors or coping mechanisms did you see from \_\_\_\_\_ when dealing with difficulties in their life?

Consider the actions or habits you observed as they navigated difficult situations. Select any behaviors that seem relevant. If necessary, adjust wording or add more content in the margin below.

**Circle your selections:**

Betrayal of trust through infidelity	Obsessing over news and politics
Using alcohol to numb or shield from emotions	Leaning on pornography as an escape
Burning bridges in relationships	Projecting inner turmoil onto others
Turning to harsh criticism	Engaging in self-harm as an outlet for emotional pain
Exerting control as a defense mechanism	Emotional spending to soothe pain
Reacting defensively instead of listening	Shutting down emotionally when overwhelmed
Retreating into destructive fantasies	Turning sports into an emotional crutch
Misusing drugs to escape or cope	Avoiding through constant performance
Overindulging in food for comfort	Becoming overly dependent in relationships
Bingeing on media for distraction	Workaholism as an escape from self
Pushing the body through compulsive exercise	Passive-aggressive communication
Seeking thrill through gambling addiction	Emotional suppression through humor
Relying on hobbies as a way to avoid feelings	Over-apologizing
Chasing the high of risk and reward through gambling	Compulsive people-pleasing
Escaping life's weight through avoidance	Avoidance of confrontation
Constant hypervigilance as a shield	Lying (including self-deception)
Choosing isolation over vulnerability	Over-scheduling to avoid reflection
Ruminating on the past	Chronic procrastination
Internalizing harmful self-talk	Gaming addiction
Pursuing perfection as a shield from flaws	

# To what extent was \_\_\_\_\_ involved in your life?

Now take a moment to reflect on this persons role and involvement in your life. Were they actively present, offering support and guidance, or was their involvement more distant or minimal?

**Circle the option that best describes their level of engagement:**

<b>Not Present:</b> They were completely absent, with no involvement in my life
<b>Rarely Present:</b> They were hardly around, with very minimal or sporadic involvement
<b>Occasionally Present:</b> They were present at times but not consistently involved
<b>Moderately Present:</b> They were somewhat involved, with regular but not deep engagement
<b>Frequently Present:</b> They were often involved, playing a significant role in my life
<b>Fully Present:</b> They were deeply involved and consistently engaged in my life