

Family of Origin Worksheet

Name

Family of Origin

Identify your major caregiver(s)

Name

Relationship

List the birth order of the children in your family. Use a noun or adjective to describe each person.
Include yourself and all your siblings. (Indicate if a sibling is deceased.)

Name

Age

Description

Family of Origin (continued)

Number of children in your family

Your rank in the birth order

If you were adopted,
at what age were you adopted?

List other adults who were involved in your childhood. Use a noun or adjective to describe each person.

Adult/Relationship

Description

Parental Information

In this form, the terms mother and father are used to indicate biological or adoptive parents and/or mother or father substitutes. For ease of reading and for identification purposes, the word mother and father are being used to describe all these relationships.

Yes	No	Is your mother living?
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If your mother is deceased, how old were you at the time of her death?

If the person you are identifying as your mother is not your biological mother, identify your relationship to her.

Yes	No	Is your father living?
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If your father is deceased, how old were you at the time of his death?

If the person you are identifying as your father is not your biological father, identify your relationship to him.

If your parents were living during your childhood, were they

separated **divorced** **living together**

If they were separated or divorced, what age were you when they
separated

divorced

What were/are the educational levels and occupations of your parents?

MOTHER

Education

Occupation

FATHER

Education

Occupation

Early Family Relationships

Describe the physical, financial, and emotional situations of your parents at the time of your birth or adoption.

Describe the relationship that existed between your mother and father at the time of your birth or adoption.

Describe how your mother felt at the time of your birth or adoption.

Describe the relationship that existed between your mother and father during your childhood.

Childhood Memories and Parental Relationships

Before answering, close your eyes and imagine yourself as a child being in the physical presence of your mother. After describing your mother, close your eyes and imagine yourself as a child being in the physical presence of your father.

List nouns and adjectives to describe your mother.

Positive

Negative

List nouns and adjectives to describe your father.

Positive

Negative



Childhood Memories of Your Mother

Describe the happiest time you remember with your mother.

Describe the worst time you remember with your mother.

What did you want from your mother that you never received or she never did for you?
(Example: That she would love me just as I was.)

As a child, what did you do to get approval from your mother?

Childhood Memories of Your Father

Describe the happiest time you remember with your father.

Describe the worst time you remember with your father.

What did you want from your father that you never received or he never did for you?
(Example: That he never came to any of my games.)

As a child, what did you do to get approval from your father?



Childhood

Describe your earliest memory. What was your age at the time?

When you think of yourself as a child, how old are you?

Describe yourself as a child.

Describe feelings you had as a child. These may include feelings such as being sad, mad, glad, or scared; or feeling shame, guilt, empty or lonely.

What was your favorite childhood story? This can include a fairy tale, book, television show, or movie.

Describe the theme of your favorite story and how you related to each of the main characters.

Identify the people you felt close to in your childhood.

Childhood (continued)

As a child, was it easy or difficult to make friends?

☐ easy ☐ difficult

Why do you suppose that it was easy or difficult to make friends?

As a child, did you have nicknames?

☐ yes ☐ no

If you had nicknames, what were your nicknames and who gave them to you?



Current Relationship With Major Caregivers

Describe the relationship you have with your mother today.

Describe the relationship you have with your father today.

If you had other major caregivers, identify the major caregiver(s) and describe your current relationship(s).

Reflections

Reflect on your childhood and your life today.

In what ways do you suppose your life would be different today if your childhood had been more functional?

