

NAME: _____

FAMILY OF ORIGIN

A. Family of Origin

1. Identify your major caregivers.

Name	Relationship
_____	_____
_____	_____
_____	_____
_____	_____

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

Name/Relationship	Age	Description
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Number of children in your family: _____

Your rank in the birth order: _____

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

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

Adult/Relationship	Description
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

B. 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.

4. Is your mother living? Yes _____ No _____

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. _____

5. Is your father living? Yes _____ No _____

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. _____

6. If your parents were living during your childhood, were they
 separated _____ divorced _____ living together _____

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

separated _____ divorced _____

If your parents are living, what is their current marital status? _____

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

Mother:

Education _____

Occupation _____

Father:

Education _____

Occupation _____

C. Early Family Relationships

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

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

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

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

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

D. Childhood Memories and Parental Relationships

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

12. List nouns and adjectives to describe your mother.

Positive		Negative	
<hr/>	<hr/>	<hr/>	<hr/>
<hr/>	<hr/>	<hr/>	<hr/>
<hr/>	<hr/>	<hr/>	<hr/>
<hr/>	<hr/>	<hr/>	<hr/>

List nouns and adjectives to describe your father.

Positive

Negative

_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

E. Childhood Memories of Your Mother

13. Describe the happiest time you remember with your mother.

14. Describe the worst time you remember with your mother.

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

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

F. Childhood Memories of Your Father

17. Describe the happiest time you remember with your father.

18. Describe the worst time you remember with your father.

19. What did you want from your father which you never received or he never did for you?
(Example: That he would support me in my decisions.)

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

G. Childhood

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

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

23. Describe yourself as a child.

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

25. What was your favorite childhood story? This can include stories such as 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.

26. Identify the people you felt close to in your childhood.

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

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

28. As a child, did you have nicknames? Yes _____ No _____

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

H. Current Relationship with Major Caregivers

29. Describe the relationship you have with your mother today.

Describe the relationship you have with your father today.

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

I. Reflections

31. Reflect on your childhood and your life today. In what ways would you and your life be different today if you had had functional parents?

HISTORY OF CHILDHOOD RELATIONAL TRAUMA WORKSHEET

Name _____ Age _____

Type of Trauma	Who Did It	Age	What Happened	Emotions Then	Emotions Now

HISTORY OF CHILDHOOD RELATIONAL TRAUMA WORKSHEET

Type of Trauma	Name		What Happened	Age		Emotions Then	Emotions Now
	Who Did It	Age		Emotions Then	Emotions Now		