

Questions to ask family members regarding your history

1. What was it like for you growing up in our family?
2. Tell me about the places (houses/apts) in which we lived.
3. How did you feel about where we lived?
4. What do you perceive as the spoken and unspoken rules in our family?
5. Who did you feel closest to in our family?
6. (Sibling) How would you describe our parents?
7. (Sibling) Do you think our parents were happy?
8. What did our parents do for fun?
9. Did our parents openly reveal their emotions?
10. Do you think our parents enjoyed being parents?
11. What was the best part of your childhood?
12. What was the toughest part of your childhood?
13. What was the family atmosphere like?
14. Was one of our siblings especially close to our mom or our dad?
15. Was there any obvious favoritism in our family?
16. Was there one child who always seemed to be left out?
17. Was there one child a parent was especially hard on?
18. Was there one child who was “spoiled” by a parent?
19. Was there one child who could “do no wrong?”
20. What was it like after _____ was born?
22. Were there any traumas around our family history?
23. Were either of our parents violent or abusive? Were there isolated incidents of violence or abuse?
24. How did our parents discipline you?
25. Was money a problem when you were growing up?
26. Do you think a parent relied on you for emotional support?
27. How did our parents react to you dating?
28. How did our parents react to your marriage?
29. What do you remember about _____ as a child?
30. Was there anything that seemed odd or strange about our family?
31. Do you have recurring dreams about the family? If so, what are the dreams?
32. What did you want from mom and dad that you never got?
33. Did you pattern yourself after either our mom or dad?
34. Did you deliberately distance yourself from either our mom or dad?
35. What traits do you believe you have that are like our mom? Our dad? How do you feel about this?
36. Do you think you were treated fairly as a kid?
37. Do you remember ever being really angry with mom or dad?
38. Which event hurt you the most as a child?”
39. What were your relationships with our relatives like?
40. What did you appreciate most about mom? dad?
41. If you could change something about our family what would it be?