



ACTIVITY 7



FAMILY OF ORIGIN

In my family of origin...

Affection was:

A. Shown warmly and often

B. Rarely shown in public

C. Other

My home was usually:

- A. Neat and clean
- B. Comfortably cluttered
- C. Other

Decision making was done by:

- A. Father
- B. Mother
- C. Both parents in consultation
- D. Everyone in the home (including the kids)
- E. Default (Nobody seemed to make decisions. Life just happened.)
- F. Other

When my parents disagreed or fought:

- A. They yelled and screamed
- B. One usually gave in to the other
- C. They compromised
- D. They separated to cool off
- E. One or both used the "silent treatment"
- F. I wouldn't know. They never fought in front of me.
- G. Other_____

Responsibility for keeping the home picked up belonged to:

- A. Everyone picked up after themselves
- B. Mother or father picked up after the kids
- C. I never noticed. It was never an issue.
- D. Nobody picked up. (It was pretty messy.)

Privacy was:

- A. Respected
- B. A sign of secretiveness and selfishness

Money was:

- A. Saved for a rainy day
 - B. Spent only on necessities
 - C. We were always in debt
 - D. Used freely for recreational pursuits
 - E. Other
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Relationships were:

- A. Close. We had many times of fun together.
- B. Cordial, but each person primarily recreated by themselves
- C. Strained

D. Other

Household chores were divided according to:

A. "Women's work" or "Men's work"

B. Who had the most time or skill at the chore

C. Both parents took equal responsibility

D. Other

On Sunday or religious holy days we would:

A. Go to religious services together

B. One parent would attend services, the other stayed home.

C. Neither parent was involved in an organized religion.

D. Other

At Christmas, we:

- A. Put a tree up and decorated early
- B. Christmas Eve was the big celebration when we opened presents
- C. Father Christmas decorated the tree when the kids were asleep and we opened gifts Christmas morning.
- D. We're non-Christian and don't celebrate Christmas
- E. Other

Exchange answers with your partner. Which experience of your partner is most different from yours? Discuss what ways you were similar, different and note any areas of difficulty to talk through at home