Center for Christian Therapy

Date: _____ Name: _____

Family Relationship Developmental Interview

These questions are designed to help us assess the relationship styles of your family. We are interested in understanding how members of your family (present and past) experience closeness and separation. These experiences will help us formulate a treatment plan that will help you understand and solve the relationship problems that currently distress you.

1. Describe your childhood (give specific memories):

2. What kind of baby were you? What are family stories about you as a baby?

3. List 5 adjectives that would describe your mom (give examples to demonstrate):

4. List 5 adjectives that describe your dad (give examples):

5. List 5 adjectives that describe your spouse/fiancé/fiancée & self (give examples):

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6. List the significant people who took care of you as a child (attachment figures):

7. Describe separations and reunions with these important figures (give specific memories):

8. What would happen when you were sick or hurt?

9. Describe your favorite birthday:

10. Describe your parent's relationship:

11. Describe your current relationship with your fiancé/fiancée/spouse and friends: