

Premarital Counseling Family History Analysis

Name: _____ Age: _____

Fiancé(e)'s Name: _____ Age: _____

Please complete each question as thoroughly as possible. This will help me understand you and your family background and will help prepare you for marriage. Although some of the questions may seem silly or irrelevant, please do your best. This is the quickest way for us to get to know one another so that your premarital counseling can be the most effective. No one else will see your answers.

FAMILY HISTORY – FATHER AND MOTHER

I would like to know about your father (If you have a step-father, please describe the one you feel the closest to or the one you regard as your father).

1. List what you feel are the positive qualities of your father.
2. List what you feel are the negative qualities of your father.
3. Describe how you feel about your father.
4. What emotions does he express openly and how?
5. Describe how you and your father communicate.
6. Describe the most pleasant and unpleasant experiences with your father.

7. What was/is your father's goal for *your* life?

8. In what ways are you like your father?

9. In what ways are you different from your father?

10. How did your father discipline you as a child? As a teenager?

I would like to know about your mother (If you have a step-mother, please describe the one you feel the closest to or the one you regard as your mother).

1. List what you feel are the positive qualities of your mother.

2. List what you feel are the negative qualities of your mother.

3. Describe how you feel about your mother.

4. What emotions does she express openly and how?

5. Describe how you and your mother communicate.

6. Describe the most pleasant and unpleasant experiences with your mother.

7. What was/is your mother's goal for *your* life?

8. In what ways are you like your mother?

9. In what ways are you different from your mother?

10. How did your mother discipline you as a child? As a teenager?

PARENTAL BACKGROUND

1. What was the economic status of your parents during...
your childhood? _____
now? _____

2. How would you describe your family? (circle one)
Upper Class Upper Middle Class Middle Class Lower Middle Class Lower Class

3. What is the marital status of your parents? (circle one)
Married Separated Divorced Remarried Additional info: _____

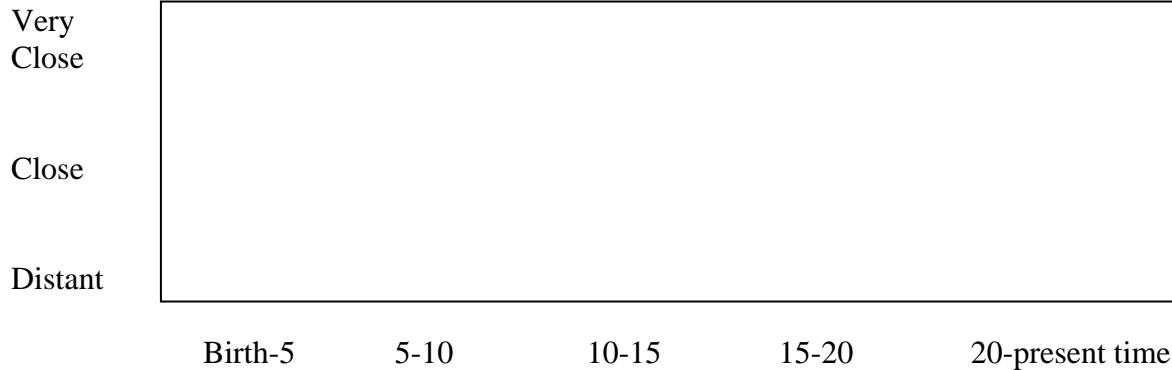
4. Age of your mother at your birth? _____ Age of your father at your birth? _____

5. On a scale of 1 (unhappy) to 10 (very happy), how happy is your parent's marriage?
In your opinion: _____

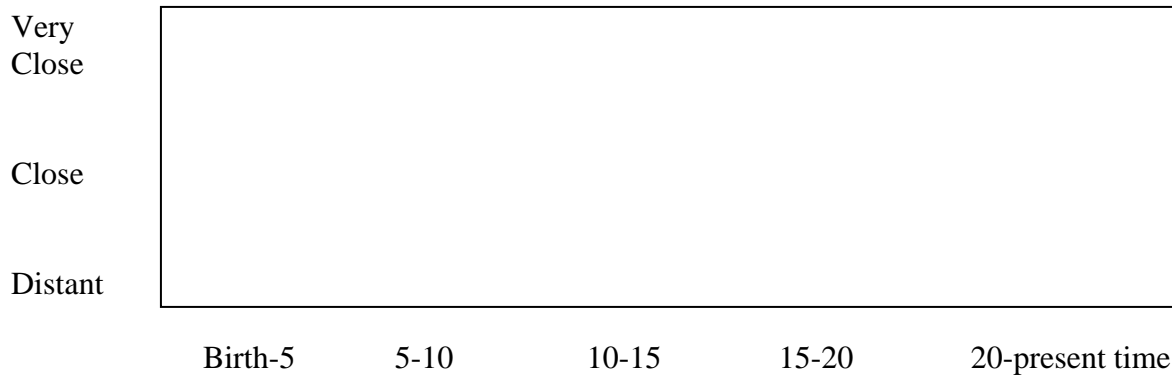
What you think your mother thinks: _____

What you think your father thinks: _____

6. Describe on the following chart (by drawing a line on the graph below) the history of your personal relationship with your father, starting from birth to the present time:



7. Describe on the following chart (by drawing a line on the graph below) the history of your personal relationship with your mother, starting from birth to the present time:



8. List in descending order the age and the gender of you and your siblings.

Name: _____ Age: _____ Marital Status: _____

Name: _____ Age: _____ Marital Status: _____

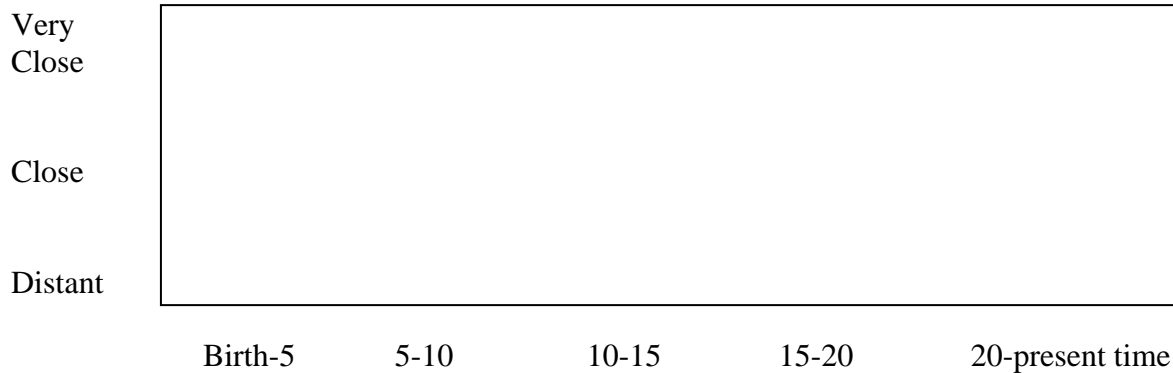
Name: _____ Age: _____ Marital Status: _____

Name: _____ Age: _____ Marital Status: _____

Name: _____ Age: _____ Marital Status: _____

Name: _____ Age: _____ Marital Status: _____

9. Describe on the following chart (by drawing a line on the graph below) the history of your personal relationship with the sibling of the opposite sex closest in age to you. If there is not a sibling of the opposite sex, then graph the same-sex sibling closest in age to you.



10. List each person in your household while you were growing up. Then indicate, using a percentage, the degree of decision-making-influence each person had in your family.

Name	Percentage
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

11. In making decisions or solving conflicts, people use differing styles of negotiation. Please indicate the style of each family member by placing a check mark in the appropriate column.

	Win	Compromise	Yield	Withdraw	Resolve
You					
Father					
Mother					
Brother					
Brother					
Sister					
Sister					

12. Describe your mother's and father's religious faith.

13. In what way is your fiancé(e) similar to your parents?

14. In what ways is your fiancé(e) different from your parents?

15. What is the occupation of each of your parents?

16. Describe how others feel about your fiancé(e) by marking the appropriate box.

	Mother	Father	Closest Friends	Friends	Acquaintances
Highly Approve					
Approve					
Accept					
Disapprove					
Highly Disapprove					

17. Has anyone told you that you should not get married to your fiancé/fiancée, or that you should wait to get married? If so, who?

18. List ten adjectives describing yourself.

- | | |
|----------|-----------|
| 1. _____ | 6. _____ |
| 2. _____ | 7. _____ |
| 3. _____ | 8. _____ |
| 4. _____ | 9. _____ |
| 5. _____ | 10. _____ |

19. Using the number associated with each of the adjectives listed for yourself (1-10), indicate which adjectives could also describe the following individuals:

My fiancé/fiancée _____ Father _____

Mother _____ Brother _____

Sister _____ Best friend _____

20. Where on the following line would you place yourself currently in the relationship with your parents?

Completely dependent

Completely independent

21. Who managed the finances in your family?

22. Describe how your mother and father demonstrated affection to one another and to you.

23. Have you experienced any type of abuse (physical, emotional, sexual, verbal) in your childhood, adolescence, or adult life? If yes, please briefly describe.

24. Was anyone a perfectionist in your family? If so, who?

25. How freely could you express your feelings in your family?

26. Were the rules or lifestyle in your family rigid or flexible?

27. How did you handle pain and disappointment in your life growing up?

Personal History

1. What is your occupation?

2. What is your educational background?

3. How long have you known your fiancé(e)?

4. How long have you dated?

5. How much time do you spend per week together?

6. How long have you been engaged?

7. Have you been engaged before?

If yes, did the prior engagement end in marriage?

If not, what ended the engagement?

8. Illnesses, behaviors, and additions:

In the spaces below, place a C for currently, P for in the past, and R for recovering

	Myself	My Father	My Mother	Siblings
1. Alcoholism				
2. Illegal Drugs				
3. Prescription Drugs				
4. Nicotine				
5. Impulsive Spending				
6. Workaholism				
7. Gambling				
8. Eating disorder				
9. Too much time on the Internet				
10. Astrology or the occult				
11. Pornography				
12. Too much time watching television				
13. Cancer				
14. Heart Trouble				
15. High Blood Pressure				
16. Diabetes				
17. Attention Deficit Disorder (ADHD)				
18. Sexually Transmitted Disease (STD)				
19. Depression				
20. Infertility				

9. Do you have a dream for your life? If so, please describe it.

10. What is the dream you have for your fiancé(e)'s life?

11. What do you want to be doing at age 30?

12. What do you want to be doing at age 40?

13. What do you want to be doing at age 50?

14. Describe how your own marriage and family life will be similar to the family from which you came.

15. Describe how your own marriage and family life will be different from the family from which you came.

Please list any concerns you may have regarding your relationship with your fiancé/fiancée, or any areas you think have the potential to develop into a problem.