Questionnaire: Family of Origin

Please write out your own thoughts privately before sharing them with your future spouse.

Impact of Family of Origin on my life:

- 1. The best/worst qualities I share with my mother are:
- 2. The best/worst qualities I share with my father are:
- I. My favorite memories with my family are:
- 2. The memories I would like to forget with my family are:
- **3**. The most prominent/important (for good or bad) characteristics I bring with me from my family of origin influences are ...

Family of Origin Communication and Affection:

1. How did my parents express their affection toward me? (hugs, words, actions, gifts)

2. How did my parents show love to each other?

- 3. When my parents got into a conflict, they would:
- 4. What strategies did they use for resolving a dispute (compromises, apologies, communicate their positions)?

Extended Family Relationship:

- 1. My relationship with my fiancé differs from my parents' in the following ways:
- 2. My relationship with my fiancé is very similar to my parents' in the following ways:
- 3. What would you like to keep and what would you like to change:
- 4. How does the bride relate to the groom's father? To his mother?
- 5. How does the groom relate to the bride's father? To her mother?

- 6. How often will we visit or spend time with our parents? Will this change after we have children?
- 7. What roles will our parents play in the life of our children?

8. Are there certain traditions that we want to bring with us to our marriage? Do we agree on these traditions?

9. Are there things that we agree should be kept just between us that we will not discuss with our parents?