

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:*

1. *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?*

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