

## Questionnaire For Caregivers

1. Write 5 adjectives that describe each of your parents from your perspective as a child.

Mom

- 1.
- 2.
- 3.
- 4.
- 5.

Dad

- 1.
- 2.
- 3.
- 4.
- 5.

2. How did your parents handle:

a. Conflict:

b. Emotions:

3. What did you like and did not like about the way your parents were parenting you and disciplining you?

4. What messages (spoken and unspoken) did your mom and dad give you about yourself and about life?

a. Mom's messages:

b. Dad's messages:

5. Write 5 adjectives that describe you when you were a child from the perspective of a child AND write 5 adjectives that describe you now.

Then

- 1.
- 2.
- 3.
- 4.
- 5.

Now

- 1.
- 2.
- 3.
- 4.
- 5.

6. Did you experience any traumatic event(s) and/or losses in your life? How did you deal with these events and/or losses?