

## How Safe Was The Home I Grew Up In?

Answer the following questions as accurately as possible. If you moved and lived in more than one home answer true if any questions apply. Do not read the key until after you've completed the questions.

1. T/F Family members were injured in accidents involving the house?
2. T/F Our doors and windows locked securely?
3. T/F There was adequate living space for our size of family?
4. T/F I grew up in a safe neighborhood?
5. T/F My family was victimized by crime when I lived with them?
6. T/F We could express our true feelings in our home?
7. T/F My parents argued excessively?
8. T/F Sometimes physical violence occurred between family members?
9. T/F Everyone in our home had to be happy all the time?
10. T/F If we cried we were reprimanded?
11. T/F Sexual abuse never took place in our family?
12. T/F Emotional abuse never took place in our family?
13. T/F Physical abuse never took place in our family?
14. T/F My belongings were never stolen by family members?
15. T/F My belongings were never stolen by friends of the family?
16. T/F Relatives never hurt me?
17. T/F Relative never hurt any of our family members?
18. T/F Adult children never returned to live in our home after they married?
19. T/F My needs were always met while I was growing up?
20. T/F I had to take care of my parents while I was growing up?
21. T/F Family members knew too much about each other's lives?
22. T/F People often came to our house to booze it up in parties?
23. T/F Illegal drugs were never used in my home?
24. T/F Weapons were never used in my home?
25. T/F My parents protected the smaller children from older one's who could hurt them?
26. T/F None of my family members were arrested while I was growing up?
26. T/F I want the family I make as an adult to be just like the one I grew up in?

This assessment is biased toward unsafe homes.

Grade your answers using this **Key: 1=T; 2=F; 3=F; 4=F; 5=T; 6=F; 7=T; 8=T; 9=T; 10=T; 11=F; 12=F; 13=F; 14=F; 15=F; 16=F; 17=F; 18=F; 19=F; 20=T; 21=T; 22=T; 23=F; 24=F; 25=F; 26=F; 27=\***.

Add up all the correct questions and write your score here \_\_\_\_.

Maximum score is **26**, suggesting a very unsafe family of origin. A score of **0** would suggest a very safe family of origin.

\*Question 27 is neither true nor false but it is significant because it indicates how and why we make our own adult families, for better or for worse, under the influence of our family of origin, even if our family of origin was not altogether safe. Discuss these findings with a family member or close friend?

## Family of Origin Enmeshment

Answer the following questions about your relationship within your family of origin (*you can repeat the assignment for a friend or another close relationship later if desired*). Be as honest and accurate as possible as you reflect upon and answer these questions. Wait until you have completed the assessment to read the Key.

1. T/F We are extremely close?
2. T/F We have been close for a very long time?
3. T/F We know everything about each other?
4. T/F When something happens to one of us we share every detail?
5. T/F When one of us is in a mood, the other will get into the same mood?
6. T/F We tell secrets to each other that have been confided by others?
7. T/F We are a strong family?
8. T/F If one of us struggles, everyone else feels down about it?
9. T/F Most of the time, family matters are very serious?
10. T/F If two of us were talking, any other family members could join in at any time?
11. T/F Keeping secrets is a sign of family weakness?
12. T/F If two family members disagree, it causes the entire family to feel bad?
13. T/F Certain family members must be protected because they are fragile?
14. T/F It is so rude to disagree with parents?
15. T/F Many of our problems never got worked out?
16. T/F Each family member was allowed to have his/her own view point?
17. T/F We never opened each other's mail?
18. T/F Each of us is very emotionally independent of the others?
19. T/F Family disagreements were casual events, not such a big deal?
20. T/F Most family problems eventually worked themselves out?
21. T/F Most family members were physically healthy most of the time?
22. T/F Our individual uniqueness was eagerly welcomed?
23. T/F We had certain issues that simply were not discussed because they were too private?
24. T/F It was/is easy for most children in our family to move out on their own as adults?
25. T/F I don't need my parents' approval before I do something significant?
26. T/F We self-disclose enough but not too much in our family?
27. T/F We know very little about each other's sex lives in our family?
28. T/F It's safe to tell secrets in our family?
29. T/F We can forgive another's mistakes given enough time?
30. T/F Some of us are closer to the entire family than others?

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This assessment is biased toward enmeshed families. The Higher your score, the greater the enmeshment in your family of origin. **Key:1-15=T and 16-30 are F**. Add up your score and place it here\_\_\_\_. A score of **30** is extremely enmeshed. A score of **0** is extremely balanced. Enmeshment is defined as an over involvement, over connection, & over identification with family members that results in a lack of individual identification. If this definition does not make sense go to the library or Internet and learn more about it and its consequences. Talk to a close family member or friend about your score and these issues.