



## Family Checkup

Name \_\_\_\_\_ Father \_\_\_\_ Mother \_\_\_\_ Child \_\_\_\_ Age \_\_\_\_ Date \_\_\_\_\_

Please check the point on each scale which best represents your experience.

1. I feel close to the rest of my family.

Strongly agree \_\_\_\_\_ Strongly disagree

2. I am able to say what I think and feel in my family.

Strongly agree \_\_\_\_\_ Strongly disagree

3. I feel appreciated and respected in my family.

Strongly agree \_\_\_\_\_ Strongly disagree

4. We can have fun together as a family.

Strongly agree \_\_\_\_\_ Strongly disagree

5. I like the amount of time I spend with my family.

Strongly agree \_\_\_\_\_ Strongly disagree

6. When family members are hurt or angry we can work things out.

Strongly agree \_\_\_\_\_ Strongly disagree

7. I like the way we make decisions and solve problems in our family.

Strongly agree \_\_\_\_\_ Strongly disagree

8. It is easy to tell who is in charge in my family.

Strongly agree \_\_\_\_\_ Strongly disagree

9. I am free to be alone when I want to be.

Strongly agree \_\_\_\_\_ Strongly disagree

10. We have family rules about how we treat each other.

Strongly agree \_\_\_\_\_ Strongly disagree

Put an "X" by any item above which raises an important concern or dissatisfaction.

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Please identify the following areas of your family that you believe are strengths or trouble spots.

+ (plus sign) if they are strengths    - (minus sign) if they are trouble spots

\_\_\_\_\_ friends

\_\_\_\_\_ curfew

\_\_\_\_\_ allowance/money

\_\_\_\_\_ time watching TV

\_\_\_\_\_ household/family tasks

\_\_\_\_\_ time on telephone

\_\_\_\_\_ physical health/exercise

\_\_\_\_\_ parenting/childcare

\_\_\_\_\_ family rules

\_\_\_\_\_ religion/church

\_\_\_\_\_ alcohol/drugs

\_\_\_\_\_ discipline

\_\_\_\_\_ communication

\_\_\_\_\_ vacation/recreation

\_\_\_\_\_ lesson/practice

\_\_\_\_\_ school/homework

\_\_\_\_\_ grandparents

\_\_\_\_\_ fighting

\_\_\_\_\_ clothes/cleanliness

\_\_\_\_\_ bedtime

\_\_\_\_\_ + of 20

\_\_\_\_\_ - of 20

\_\_\_\_\_ blank of 20