

Family Assessment Device

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Instructions

This assessment contains a number of statements about families. Read each statement carefully, and decide how well it describes your own family. You should answer according to how you see your family.

For each statement are four (4) possible responses:

Strongly agree (SA)	Check SA if you feel that the statement describes your family very accurately.
Agree (A)	Check A if you feel that the statement describes your family for the most part.
Disagree (D)	Check D if you feel that the statement does not describe your family for the most part.
Strongly disagree (SD)	Check SD if you feel that the statement does not describe your family at all.

These four responses will appear below each statement like this:

41. *We are not satisfied with anything short of perfection.*

The answer spaces for statement 41 would look like this.

___ SA ___ A ___ D ___ SD _____

For each statement, there is an answer space below. Do not pay attention to the blanks at the far right-hand side of each space. They are for office use only.

Try not to spend too much time thinking about each statement, but respond as quickly and as honestly as you can. If you have difficulty, answer with your first reaction. Please be sure to answer *every* statement and mark all your answers in the space provided *below* each statement.

1. Planning family activities is difficult because we misunderstand each other.

___ SA ___ A ___ D ___ SD _____

2. We resolve most everyday problems around the house.

___ SA ___ A ___ D ___ SD _____

3. When someone is upset the others know why.

___ SA ___ A ___ D ___ SD _____

4. When you ask someone to do something, you have to check that they did it.
___ SA ___ A ___ D ___ SD _____
5. If someone is in trouble, the others become too involved.
___ SA ___ A ___ D ___ SD _____
6. In times of crisis we can turn to each other for support.
___ SA ___ A ___ D ___ SD _____
7. We don't know what to do when an emergency comes up.
___ SA ___ A ___ D ___ SD _____
8. We sometimes run out of things that we need.
___ SA ___ A ___ D ___ SD _____
9. We are reluctant to show our affection for each other.
___ SA ___ A ___ D ___ SD _____
10. We make sure members meet their family responsibilities.
___ SA ___ A ___ D ___ SD _____
11. We cannot talk to each other about the sadness we feel.
___ SA ___ A ___ D ___ SD _____
12. We usually act on our decisions regarding problems.
___ SA ___ A ___ D ___ SD _____
13. You only get the interest of others when something is important to them.
___ SA ___ A ___ D ___ SD _____
14. You can't tell how a person is feeling from what they are saying.
___ SA ___ A ___ D ___ SD _____

15. Family tasks don't get spread around enough.
___ SA ___ A ___ D ___ SD _____
16. Individuals are accepted for what they are.
___ SA ___ A ___ D ___ SD _____
17. You can easily get away with breaking the rules.
___ SA ___ A ___ D ___ SD _____
18. People come right out and say things instead of hinting at them.
___ SA ___ A ___ D ___ SD _____
19. Some of us just don't respond emotionally.
___ SA ___ A ___ D ___ SD _____
20. We know what to do in an emergency.
___ SA ___ A ___ D ___ SD _____
21. We avoid discussing our fears and concerns.
___ SA ___ A ___ D ___ SD _____
22. It is difficult to talk to each other about tender feelings.
___ SA ___ A ___ D ___ SD _____
23. We have trouble meeting our financial obligations.
___ SA ___ A ___ D ___ SD _____
24. After our family tries to solve a problem, we usually discuss whether it worked or not.
___ SA ___ A ___ D ___ SD _____
25. We are too self-centred.
___ SA ___ A ___ D ___ SD _____

26. We can express feelings to each other.
___ SA ___ A ___ D ___ SD _____
27. We have no clear expectations about toilet habits.
___ SA ___ A ___ D ___ SD _____
28. We do not show our love for each other.
___ SA ___ A ___ D ___ SD _____
29. We talk to people directly rather than through go-betweens.
___ SA ___ A ___ D ___ SD _____
30. Each of us has particular duties and responsibilities.
___ SA ___ A ___ D ___ SD _____
31. There are lots of bad feelings in the family.
___ SA ___ A ___ D ___ SD _____
32. We have rules about hitting people.
___ SA ___ A ___ D ___ SD _____
33. We get involved with each other only when something interests us.
___ SA ___ A ___ D ___ SD _____
34. There is little time to explore personal interests.
___ SA ___ A ___ D ___ SD _____
35. We often don't say what we mean.
___ SA ___ A ___ D ___ SD _____
36. We feel accepted for what we are.
___ SA ___ A ___ D ___ SD _____

37. We show interest in each other when we can get something out of it personally.
___ SA ___ A ___ D ___ SD _____
38. We resolve most emotional upsets that come up.
___ SA ___ A ___ D ___ SD _____
39. Tenderness takes second place to other things in our family.
___ SA ___ A ___ D ___ SD _____
40. We discuss who are responsible for household jobs.
___ SA ___ A ___ D ___ SD _____
41. Making decisions is a problem for our family.
___ SA ___ A ___ D ___ SD _____
42. Our family shows interest in each other only when they can get something out of it.
___ SA ___ A ___ D ___ SD _____
43. We are frank(direct, straightforward) with each other.
___ SA ___ A ___ D ___ SD _____
44. We don't hold to any rules or standards.
___ SA ___ A ___ D ___ SD _____
45. If people are asked to do something, they need reminding.
___ SA ___ A ___ D ___ SD _____
46. We are able to make decisions about how to solve problems.
___ SA ___ A ___ D ___ SD _____
47. If the rules are broken, we don't know what to expect.
___ SA ___ A ___ D ___ SD _____

48. Anything goes in our family.
___ SA ___ A ___ D ___ SD _____
49. We express tenderness.
___ SA ___ A ___ D ___ SD _____
50. We confront problems involving feelings.
___ SA ___ A ___ D ___ SD _____
51. We don't get along well together.
___ SA ___ A ___ D ___ SD _____
52. We don't talk to each other when we are angry.
___ SA ___ A ___ D ___ SD _____
53. We are generally dissatisfied with the family duties assigned to us.
___ SA ___ A ___ D ___ SD _____
54. Even though we mean well, we intrude too much into each other's lives.
___ SA ___ A ___ D ___ SD _____
55. There are rules in our family about dangerous situations.
___ SA ___ A ___ D ___ SD _____
56. We confide in each other.
___ SA ___ A ___ D ___ SD _____
57. We cry openly.
___ SA ___ A ___ D ___ SD _____
58. We don't have reasonable transport.
___ SA ___ A ___ D ___ SD _____

59. When we don't like what someone has done, we tell them.

___ SA ___ A ___ D ___ SD _____

60. We try to think of different ways to solve problems.

___ SA ___ A ___ D ___ SD _____

The End