

Childhood Questionnaire

Drawing from your memories of childhood, list one-word or one-phrase descriptions of each of your parents' (or step-parents') strengths and weaknesses.

My father's strengths:

My father's weaknesses:

My mother's strengths:

My mother's weaknesses:

What things did you like most about yourself when you were a child?

What things did you like least about yourself when you were a child?

When you were a child, how would your father praise you?

How would he criticize you?

When you were a child, how would your mother praise you?

How would she criticize you?

As you grew up, how did your father demonstrate his love for you?

As you grew up, how did your mother demonstrate her love for you?

How did your father handle conflicts with your mother?

How did your mother handle conflicts with your father?

How did your father handle conflicts with you?

How did your mother handle conflicts with you?

How did you know that your parents loved each other as you were growing up? How did they show it?

Write either “dad,” “mom,” “both,” or “neither” next to each of the following phrases as a means of helping to describe your home life as a child:

- Family leader:
- Main disciplinarian:
- Quick-tempered:
- Comfortable showing affection to me:
- Hard to please:
- Parent to whom I felt closest:

Put a check beside any of the following phrases that apply to your childhood:

- Our family appeared so normal to everyone else.
- I was loved only because of the things that I did.
- I was loved for who I was.
- I was kind of an outsider, an observer of the rest of the family.
- Our home atmosphere was demanding and performance based, with lots of rules.
- I often felt alone.
- I always felt like we “walked on eggshells” around our house.
- I seemed to always be "the adult," even when my parents were around.
- It was always extremely important to me that I please everyone.
- I am not sure that anyone knew the real me.

As you have observed other families, what do you think was missing in yours?

What emotions did you feel as you completed the questions above?

Do you think that your childhood experiences may be affecting your view of God? If so, how?

Do you think that your childhood experiences may be affecting your view of yourself?

Do you think that your childhood experiences may be affecting the way in which you relate to your spouse? If so, how?

Use your completed *Top Ten Relational Needs Assessment* as the basis for your answers.

Look at the three needs you selected as most important to you. What do you think and feel when someone close to you meets one or more of these needs?

How do you act?

What do you think and feel when these needs go unmet?

How do you act?

What do you especially remember needing from your mom from your childhood?

Was there a time when it was important to you that your mom meet these needs and she did not?

What do you especially remember needing what from your dad from your childhood?

Was there a time when it was important to you that your dad meet these needs and he did not?

When these needs went unmet in my childhood...

I remember thinking:

I remember feeling:

I remember doing:

Did your family tend to deny or ignore your needs? If so, in what way?

Did your family tend to blame or criticize you in response to your needs? If so, in what way?

What three relational needs from the “top ten” list do you think you missed most during your childhood?

Now compare the three needs you would most like to have met by your partner with either the three needs you missed most from your childhood, or with needs that were consistently and abundantly met during your childhood. Are there any similarities or correlations?