



Family Assessment Device

Work on these questions with your partner. Share your answers out loud with each other.

Response categories:

- Agree (A)
- Strongly agree (SA)
- Disagree (D)
- Strongly disagree (SD)

Problem-Solving

1. We usually act on our decisions regarding problems.
Agree Strongly agree Disagree Strongly disagree
2. After our family tries to solve a problem, we usually discuss whether it worked or not.
Agree Strongly agree Disagree Strongly disagree
3. We resolve most emotional upsets that come up.
Agree Strongly agree Disagree Strongly disagree
4. We confront problems involving feelings.
Agree Strongly agree Disagree Strongly disagree
5. We try to think of different ways to solve problems.
Agree Strongly agree Disagree Strongly disagree

Communication

1. When someone is upset, the others know why.
Agree Strongly agree Disagree Strongly disagree

2. You can't tell how a person is feeling from what they are saying.
 Agree Strongly agree Disagree Strongly disagree
3. People come right out and say things instead of hinting at them.
 Agree Strongly agree Disagree Strongly disagree
4. We are frank with each other.
 Agree Strongly agree Disagree Strongly disagree
5. We don't talk to each other when we are angry.
 Agree Strongly agree Disagree Strongly disagree
6. When we don't like what someone has done, we tell them.
 Agree Strongly agree Disagree Strongly disagree

Roles

1. When you ask someone to do something, you have to check that they did it.
 Agree Strongly agree Disagree Strongly disagree
2. We make sure members meet their family responsibilities.
 Agree Strongly agree Disagree Strongly disagree
3. Family tasks don't get spread around enough.
 Agree Strongly agree Disagree Strongly disagree
4. We have trouble meeting our bills.
 Agree Strongly agree Disagree Strongly disagree
5. There's little time to explore personal interests.
 Agree Strongly agree Disagree Strongly disagree
6. We discuss who is to do household jobs.
 Agree Strongly agree Disagree Strongly disagree
7. If people are asked to do something, they need reminding.
 Agree Strongly agree Disagree Strongly disagree
8. We are generally dissatisfied with the family duties assigned to us.
 Agree Strongly agree Disagree Strongly disagree

Affective Responsiveness

1. We are reluctant to show our affection for each other.
Agree Strongly agree Disagree Strongly disagree
2. Some of us just don't respond emotionally.
Agree Strongly agree Disagree Strongly disagree
3. We don't show our love for each other.
Agree Strongly agree Disagree Strongly disagree
4. Tenderness takes second place to other things in our family.
Agree Strongly agree Disagree Strongly disagree
5. We express tenderness.
Agree Strongly agree Disagree Strongly disagree
6. We cry openly.
Agree Strongly agree Disagree Strongly disagree

Affective Involvement

1. If someone is in trouble, the others become too involved.
Agree Strongly agree Disagree Strongly disagree
2. You only get the interest of others when something is important to them.
Agree Strongly agree Disagree Strongly disagree
3. We are too self-centered.
Agree Strongly agree Disagree Strongly disagree
4. We get involved with each other only when something interests us.
Agree Strongly agree Disagree Strongly disagree
5. We show interest in each other only when we can get something out of it personally.
Agree Strongly agree Disagree Strongly disagree
6. Our family shows interest in each other only when they can get something out of it.
Agree Strongly agree Disagree Strongly disagree
7. Even though we mean well, we intrude too much into each other's lives.
Agree Strongly agree Disagree Strongly disagree

Behavior Control

1. We don't know what to do when an emergency comes up.
Agree Strongly agree Disagree Strongly disagree
2. You can easily get away with breaking the rules.
Agree Strongly agree Disagree Strongly disagree
3. We know what to do in an emergency.
Agree Strongly agree Disagree Strongly disagree
4. We have no clear expectations about toilet habits.
Agree Strongly agree Disagree Strongly disagree
5. We have rules about hitting people.
Agree Strongly agree Disagree Strongly disagree
6. We don't hold any rules or standards.
Agree Strongly agree Disagree Strongly disagree
7. If the rules are broken, we don't know what to expect.
Agree Strongly agree Disagree Strongly disagree
8. Anything goes in our family.
Agree Strongly agree Disagree Strongly disagree
9. There are rules about dangerous situations.
Agree Strongly agree Disagree Strongly disagree

General Functioning

1. Planning family activities is difficult because we misunderstand each other.
Agree Strongly agree Disagree Strongly disagree
2. In times of crisis, we can turn to each other for support.
Agree Strongly agree Disagree Strongly disagree
3. We cannot talk to each other about the sadness we feel.
Agree Strongly agree Disagree Strongly disagree
4. Individuals are accepted for who they are.
Agree Strongly agree Disagree Strongly disagree

5. We avoid discussing our fears and concerns.
 Agree Strongly agree Disagree Strongly disagree
6. We can express feelings to each other.
 Agree Strongly agree Disagree Strongly disagree
7. There are lots of bad feelings in the family.
 Agree Strongly agree Disagree Strongly disagree
8. We feel accepted for who we are.
 Agree Strongly agree Disagree Strongly disagree
9. Making decisions is a problem for our family.
 Agree Strongly agree Disagree Strongly disagree
10. We are able to make decisions about how to solve problems.
 Agree Strongly agree Disagree Strongly disagree
11. We don't get along well together.
 Agree Strongly agree Disagree Strongly disagree
12. We confide in each other.
 Agree Strongly agree Disagree Strongly disagree

- a. If someone I've been dating begins to act cold and distant, I'll worry that I've done something wrong.
- b. If my partner was to break up with me, I'd try my best to show her/him what s/he is missing (a little jealousy can't hurt).
- b. If someone I've been dating for several months tells me s/he want to stop seeing me, I'd feel hurt at first, but I'd get over it.
- c. Sometimes when I get what I want in a relationship, I'm not sure what I want anymore.
- b. I won't have much of a problem staying in touch with my ex (strictly platonic). After all, we have a lot in common.

Think about your answers to the questions above. What did you learn about yourself? What did you learn about your partner? .