



FRESH START

Please complete this questionnaire at
home and email it back to
info@thefsrc.com at least one week
prior to the start date of your workshop.

Initials: _____

Workshop Start Date: _____

Please Circle: Male Session Female Session

1. Location and Home Life

When and where were you
born? _____

What town and state did you *grow up*
in? _____

How many years did you spend
there? _____

If you moved, where did you move to (and how many times did you move from 0-18 years of
age)? _____
—

2. Family of Origin

(a) Identify your major caregivers.

Name	Relationship
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

(b) List the birth order of the children in your family. Use a noun or adjective to describe each
person. Include yourself and indicate deceased siblings.

Sibling	Age	Description (noun or adjective)
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

(c) Number of children in your family: _____

Your rank in the birth order: _____

If you were adopted, at what age were you adopted? _____

(d) List other adults (e.g., family, teacher, mentors, coaches, Morahs, Rebbeim, etc.) who were involved in your childhood. Use a noun or adjective to describe each person.

Adult/Relationship	Description (noun or adjective)

3. Parental Information

In this form, the terms mother and father are used to indicate biological or adoptive parents and/or mother or father substitutes. For ease of reading and for identification purposes, the word mother and father are being used to describe all these relationships.

(a) Is your mother living? Yes _____ No _____

If your mother is deceased, how old were you at the time of her death? _____

If the person you are identifying as your mother is not your biological mother, identify your relationship to her: _____

(b) Is your father living? Yes _____ No _____

If your father is deceased, how old were you at the time of his death? _____

If the person you are identifying as your father is not your biological father, identify your relationship to him: _____

(c) If your parents were living during your childhood, were they:

Separated

Divorced _____

Living together

If they were separated or divorced, at what age were you when they were:

Separated _____ Divorced _____

Did you parents remarry? If so, where and who did you live with? _____

(d) If your parents are living, what is their current marital status? _____

(e) What were/are the educational levels and occupations of your parents?

Mother:

Education: _____

Occupation(s): _____

(If your mother stayed at home and then worked...how old were you when she started working?): _____

Father:

Education: _____

Occupation(s): _____

(If your father stayed at home and then worked...how old were you when he started working?): _____

4. Yiddishkeit

(a) What did *a relationship with HaShem* mean in your parents' life?

Mother: _____

—

—

Father: _____

—

—

(b) What did Torah and “*Mitzvohs*” mean in your parents' life?

Mother: _____

—

Father: _____

—

(c) How did your parents' approach to parenting/education/"*chinuch*" impact your childhood and relationship to Torah, Mitzvoths, and spirituality/"*ruchniyos*"?

(d) Did your relationship with HaShem and Yiddishkeit ever change in some way? If so, at what age(s) did this become so? _____ and Why?

—

5. Early Family Relationships

(a) Describe the physical, financial, and emotional situation of your parents at the time of your birth (or adoption).

(b) Describe the relationship which existed between your mother and father at the time of your birth (or adoption).

(c) Describe how your *mother* felt and her age at the time of your birth or adoption.

(d) Describe how your *father* felt and his age at the time of your birth or adoption.

(e) Describe the relationship which existed between your mother and father during your childhood. (Close your eyes and imagine watching them in a disagreement/argument when you were between 8 - 12 years old...what did it look like?)

Childhood Memories and Parental Relationships

6a. Before answering, close your eyes and imagine yourself as a child being in the physical presence of your **mother**.

(a) List nouns and adjectives to describe your mother.

Positive		Negative	
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

(b) Are you aware of any addictions or mental health issues that your mother might have had?

(c) Describe the happiest moments with your mother: _____

(d) Describe a time (or times) in your life when you felt “invisible” to your mother: _____

(e) Describe the three worst times you remember with your **mother**...What was your **age** at the time? What **Emotion(s)** did you have **then**? And what **Emotion(s)** come up for you **now**?

1) Age: _____ Emotion(s) Then: _____ Emotion(s)
Now: _____
Describe the

event: _____

2) Age: _____ Emotion(s) Then: _____ Emotion(s)

Now: _____

Describe the

event: _____

3) Age: _____ Emotion(s) Then: _____ Emotion(s)

Now: _____

Describe the

event: _____

(f) What did you want from your **mother** that you never received, or that she never did for you?

(g) As a child, what did you do to get approval from your **mother**?

6b. Before answering, close your eyes and imagine yourself as a child being in the physical presence of your **father**.

(a) List nouns and adjectives to describe your father.

Positive		Negative	
<hr/>	<hr/>	<hr/>	<hr/>
<hr/>	<hr/>	<hr/>	<hr/>
<hr/>	<hr/>	<hr/>	<hr/>
<hr/>	<hr/>	<hr/>	<hr/>
<hr/>	<hr/>	<hr/>	<hr/>

(b) Are you aware of any addictions or mental health issues that your father might have had?

(c) Describe the happiest moments with your father: _____

(d) Describe a time (or times) in your life when you felt “invisible” to your father: _____

(e) Describe the three worst times you remember with your **father**...What was your **age** at the time? What **Emotion(s)** did you have **then**? And what **Emotion(s)** come up for you **now**?

1) Age:____Emotion(s) Then:_____Emotion(s)
Now:_____

Describe the

event:_____

—

2) Age:____Emotion(s) Then:_____Emotion(s)
Now:_____

Describe the

event:_____

—

3) Age:____Emotion(s) Then:_____Emotion(s)
Now:_____

Describe the

event:_____

—

(f) What did you want from your **father** that you never received, or that he never did for you?

(g) As a child, what did you do to get approval from your **father**?

7. Childhood

(a) Describe your earliest memory. What was your age at the time? _____

(b) Did you have any severe or chronic childhood/adolescent illnesses, medical conditions? And did anyone else in your family? If so, what were they and how old were you at that time?

(c) When you think of yourself as a child...how old are you?_____

(d) How did you learn about sexuality growing up?_____

8. Other Childhood Experiences

Imagine yourself as a child between 3 - 11 years old:

(a) Describe yourself as a **child** - from the ages of **3 - 11 years old**:_____

(b) When you were upset emotionally....what would you do to cope?_____

(c) When you were hurt...who did you turn to for help/support?_____

—
—
—
(d) How did your Mother and Father respond if/when you turned to them for help/support?

Mother: —
—
—
—
—
—
—

Father: —
—
—
—
—
—
—

(e) Imagine yourself when you were **3-11 years old**... What **Thought(s)** and **Emotion(s)** come up for you when you think about yourself....

(1) as an Orthodox/*Frum* Jew...

—
—
—
—
—
—
—
—

(2) as representing the religious affiliation of your parents (e.g., Yeshivish, Chasidish, etc.)...

—
—
—
—
—
—
—
—

(3) your “learning ability or level”...

—

Imagine yourself as a teenager between 12 - 18 years old:

(f) Describe yourself as a **teenager** - from the ages of **12 - 18 years**
old: _____

(g) When you were upset emotionally....what would you do to
cope? _____

(h) When you were hurt...who did you turn to for
help/support? _____

(i) How did your Mother and Father respond if/when you turned to them for help/support?
Mother: _____

—
Father: _____
—

—

—

—

(j) Imagine yourself when you were **12-18 years old**... What **Thought(s)** and **Emotion(s)** come up for you when you think about yourself....

(1) as an Orthodox/*Frum* Jew...

—

—

—

—

(2) as representing the religious affiliation of your parents (e.g., Yeshivish, Chasidish, etc.)...

—

—

—

—

(3) your “learning ability or level”...

—

—

—

—

(k) Describe the three worst memories in your childhood and the people who traumatized and/or negatively impacted you. What was your **age** at the time? What **Emotion(s)** did you have **then**? And what **Emotion(s)** come up for you **now**?

****[Only describe details that you are comfortable writing, sharing, and thinking about]****

1) Age: _____ Emotion(s) Then: _____ Emotion(s)

Now: _____

2) Age: _____ Emotion(s) Then: _____ Emotion(s)

Now: _____

3) Age: _____ Emotion(s) Then: _____ Emotion(s)

Now: _____

(l) How were your relationships with HaShem and Yiddishkeit influenced by these past events? _____

(m) Describe the feelings you had as a child/adolescent (e.g., these may include feelings such as being sad, mad, glad, or scared or feelings of shame, guilt, empty, and/or lonely, etc.): _____

(n) Identify the people in your life that you felt close to in your childhood, and why? _____

(o) Identify the places and activities where you felt safe in your childhood, and why? _____

(p) As a child, was it easy or difficult for you to make friends? Why? _____

(q) As a child, did you have nicknames? Yes No

If you had nicknames...

What were the
nicknames? _____

Who gave them to
you? _____

How did you feel about
them? _____

10. Current Relationships/Situation

(a) Describe the relationship you have with your mother
today: _____

(b) Describe the relationship you have with your father
today: _____

(c) Describe the relationship you have with HaShem and Yiddishkeit
today: _____

(d) If you had other major caregiver(s) and/or other significant relationships in childhood, identify the
relationships and describe your current relationship(s) with them
today: _____

(e) If your parents could/would listen to you today, what would you want to talk to them about?
What would you want them to understand about your life growing up?
What did you want from them in your childhood that you may have not gotten (enough of)?
What do/would you want from them now?

(f) Regarding your childhood experiences and your life growing up...what would you want to share/discuss/talk about with HaShem?
What do/would you want from HaShem now?

(g) What was your favorite childhood story...and why? (This can include stories such as a biblical events, medrashim, fairy tales, books, television shows, or movies): _____

Describe the theme of your favorite story and how you related to each of the main characters:

(h) Reflect on your childhood and your life today....in what ways would you and your life be different today if your parents were more functional, capable, less overwhelmed, etc?



Over the **last 2 weeks**, how often have you been bothered by any of the following problems?

(Use a check mark to indicate your answer)

	Not at all	Severa l days	More than half the days	Nearly every day
1. Little interest of pleasure in doing things				
2. Feeling down, depressed, or hopeless				
3. Trouble falling or staying asleep, or sleeping too much				
4. Feeling tired or having little energy				
5. Poor appetite or overeating				
6. Feeling bad about yourself – or that you are a failure or have let yourself or your family down				
7. Trouble concentrating on things, such as reading the newspaper or watching television				
8. Moving or speaking so slowly that other people could have noticed? Or the opposite – being so fidgety or restless that you have been moving around a lot more than usual				

9. Thoughts that you would be better off dead or hurting yourself in some way				
---	--	--	--	--

If you checked off any problems, how difficult have these problems made it for you to do your work, take care of things at home, or get along with other people?

Not difficult
at all

☐

Somewhat
difficult

☐

Very
difficult

☐

Extremely
difficult

☐

This scale consists of a number of words that describe different feelings and emotions. Read each item and then mark the appropriate answer in the space next to that word. Indicate to what extent you generally feel this way, that is, how you feel on the average.

	very slightly or not at all	a little	moderately	quite a bit	extremely
1. interested	1	2	3	4	5
2. distressed	1	2	3	4	5
3. excited	1	2	3	4	5
4. upset	1	2	3	4	5
5. strong	1	2	3	4	5
6. guilty	1	2	3	4	5
7. scared	1	2	3	4	5
8. hostile	1	2	3	4	5
9. enthusiastic	1	2	3	4	5
10. proud	1	2	3	4	5
11. irritable	1	2	3	4	5
12. alert	1	2	3	4	5

13. ashamed	1	2	3	4	5
-------------	---	---	---	---	---

14. inspired	1	2	3	4	5
--------------	---	---	---	---	---

15. nervous	1	2	3	4	5
-------------	---	---	---	---	---

16. determined	1	2	3	4	5
----------------	---	---	---	---	---

17. attentive	1	2	3	4	5
---------------	---	---	---	---	---

18. jittery	1	2	3	4	5
-------------	---	---	---	---	---

19. active	1	2	3	4	5
------------	---	---	---	---	---

20. afraid	1	2	3	4	5
------------	---	---	---	---	---

Over the <u>last two weeks</u> , how often have you been bothered by the following problems?	Not at all	Several days	More than half the days	Nearly every day
1. Feeling nervous, anxious, or on edge	0	1	2	3
2. Not being able to stop or control worrying	0	1	2	3
3. Worrying too much about different things	0	1	2	3
4. Trouble relaxing	0	1	2	3
5. Being so restless that it is hard to sit still	0	1	2	3
6. Becoming easily annoyed or irritable	0	1	2	3
7. Feeling afraid, as if something awful might happen	0	1	2	3

Please indicate how often the following statements apply to you by writing the appropriate number from the scale below in the space beside each item.

	1	2	3	4	5
	Almost Never	Sometimes	About Half of the Time	Most of the Time	Almost Always
	0-10%	11-35%	36-65%	66-90%	91-100%
1. I pay attention to how I feel.					
2. I have no idea how I am feeling.					
3. I have difficulty making sense out of my feelings.					
4. I am attentive to my feelings.					
5. I am confused about how I feel.					
6. When I'm upset, I acknowledge my emotions.					
7. When I'm upset, I become embarrassed for feeling that way.					
8. When I'm upset, I have difficulty getting work done.					
9. When I'm upset, I become out of control.					
10. When I'm upset, I believe that I will remain that way for a long time.					
11. When I'm upset, I believe that I'll end up feeling very depressed.					
12. When I'm upset, I have difficulty focusing on other things.					
13. When I'm upset, I feel ashamed with myself for feeling that way.					
14. When I'm upset, I feel guilty for feeling that way.					
15. When I'm upset, I have difficulty concentrating.					
16. When I'm upset, I have difficulty controlling my behaviors.					
17. When I'm upset, I believe that wallowing in it is					

all I can do.					
18. When I'm upset, I lose control over my behaviors					

Directions: Read each item carefully. Using the scale shown below, please select the number that best describes **YOU** and put that number in the blank provided.

	1 Definitely False	2 Mostly False	3 Somewhat False	4 Slightly False	5 Slightly True	6 Somewhat True	7 Mostly True	8 Definitely True
1. I can think of many ways to get out of a jam.								
2. I energetically pursue my goals.								
3. I feel tired most of the time.								
4. There are lots of ways around any problem.								
5. I am easily downed in an argument.								
6. I can think of many ways to get the things in life that are important to me.								
7. I worry about my health.								
8. Even when others get discouraged, I know I can find a way to solve the problem.								

9. My past experiences have prepared me well for my future.								
10. I've been pretty successful in life.								
11. I usually find myself worrying about something.								
12. I meet the goals that I set for myself.								

Instructions: Below is a list of problems and complaints that people sometimes have in response to stressful life experiences. Please read each one carefully, then **circle** one of the numbers to the right to indicate how much you have been **bothered** by the problem **in the past month**.

BOTHERED BY	NOT AT ALL	A LITTLE BIT	MODERATELY	QUITE A BIT	EXTREMELY
1. Repeated disturbing memories, thoughts, or images of the stressful experience?	1	2	3	4	5
2. Repeated, disturbing dreams of the stressful experience?	1	2	3	4	5
3. Suddenly acting or feeling as if the stressful experience were happening again (as if you were reliving it)?	1	2	3	4	5
4. Feeling very upset when something reminded you of the stressful experience?	1	2	3	4	5
5. Having physical reactions (e.g., heart pounding, trouble breathing, or sweating) when something reminded you of the stressful experience?	1	2	3	4	5
6. Avoiding thinking about or talking about the stressful experience or avoiding having feelings related to it?	1	2	3	4	5
7. Avoiding activities or situations because they remind you of the stressful experience?	1	2	3	4	5
8. Trouble remembering important parts of the stressful experience?	1	2	3	4	5
9. Loss of interest in activities that you used to enjoy?	1	2	3	4	5
10. Feeling distant or cut off from other people?	1	2	3	4	5
11. Feeling emotionally numb or being unable to have loving feelings for those close to you?	1	2	3	4	5
12. Feeling as if your future will somehow be cut short?	1	2	3	4	5
13. Trouble falling or staying asleep?	1	2	3	4	5
14. Feeling irritable or having angry outbursts?	1	2	3	4	5
15. Having difficulty concentrating?	1	2	3	4	5
16. Being "super alert" or watchful or on guard?	1	2	3	4	5
17. Feeling jumpy or easily startled?	1	2	3	4	5

Please respond to each item by marking <u>one box per row</u>		Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
BRS 1	I tend to bounce back quickly after hard times	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
BRS 2	I have a hard time making it through stressful events.	<input type="checkbox"/> 5	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1
BRS 3	It does not take me long to recover from a stressful event.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
BRS 4	It is hard for me to snap back when something bad happens.	<input type="checkbox"/> 5	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1
BRS 5	I usually come through difficult times with little trouble.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
BRS 6	I tend to take a long time to get over set-backs in my life.	<input type="checkbox"/> 5	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1

Instructions and Items:

Please answer the following questions about yourself by indicating the extent of your agreement using the following scale:

[1] = strongly disagree

[2] = disagree

[3] = neutral

[4] = agree

[5] = strongly agree

Be as honest as you can throughout, and try not to let your response to one question influence your response to other questions. There are no right or wrong answers

	1	2	3	4	5
	strongly disagree	disagree	neutral	agree	strongly agree
1. There is not enough purpose in my life.					
2. To me, the things I do are all worthwhile.					
3. Most of what I do seems trivial and unimportant to me.					
4. I value my activities a lot.					
5. I don't care very much about the things I do.					
6. I have a lot of reasons for living.					

The next 3 questions are about how you feel about different aspects of your life. For each one, tell me how often you feel that way...

	Often	Some of the time	Hardly ever or Never
1. How often do you feel a lack of companionship?			
2. How often do you feel left out?			
3. How often do you feel isolated from others?			

Dealing with Stress: This questionnaire asks about different ways in which you might rely on religion to deal with stress. Choose the answer that best describes how often you do the following things when you have a stressful problem.

WHEN I HAVE STRESSFUL PROBLEMS:

	Never	Hardly Ever	Some-times	Most of the Time	Always
1. I ask G-d to forgive me for things I did wrong.	1	2	3	4	5
2. I get mad at G-d.	1	2	3	4	5
3. I try to be an inspiration to others.	1	2	3	4	5
4. I try to see how G-d may be trying to teach me something.	1	2	3	4	5
5. I think about what Judaism has to say about how to handle the problem.	1	2	3	4	5
6. I do the best I can and know the rest is G-d's will.	1	2	3	4	5
7. I look forward to Shabbat.	1	2	3	4	5
8. I talk to my rabbi.	1	2	3	4	5
9. I look for a stronger connection with G-d.	1	2	3	4	5
10. I question whether G-d can really do anything.	1	2	3	4	5
11. I pray for the well-being of others.	1	2	3	4	5
12. I pray for G-d's love and care.	1	2	3	4	5
13. I wonder if G-d cares about me.	1	2	3	4	5
14. I try to do Mitzvot (good deeds).	1	2	3	4	5
15. I try to remember that my life is part of a larger spiritual force.	1	2	3	4	5
16. I question my religious beliefs, faith and practices.	1	2	3	4	5

This questionnaire has about 11 questions about your religious beliefs and practices. Please try to answer all the questions as best and honestly as possible. Circle the response that best describes your answer. Your responses reflect strength of agreement -- from strongly disagree to strongly agree.

	Strongly Disagree	Disagree	Slightly Disagree	Neither Agree or Disagree	Slightly Agree	Agree	Strongly Agree
1. My religion influences everything I do.	1	2	3	4	5	6	7
2. I believe that the Torah was given to Moshe by G-d at Sinai.	1	2	3	4	5	6	7
3. I try to observe halacha [religious law] as carefully as possible.	1	2	3	4	5	6	7
4. I believe G-d directs and controls the world.	1	2	3	4	5	6	7
5. My religious observance is primarily out of social expectation.	1	2	3	4	5	6	7
6. I believe G-d loves all His creations.	1	2	3	4	5	6	7
7. I feel that G-d is always accessible to me.	1	2	3	4	5	6	7
8. I feel G-d listens to my prayers.	1	2	3	4	5	6	7
9. I feel Divine intervention (hashgacha) within my life.	1	2	3	4	5	6	7
10. I believe in G-d.	1	2	3	4	5	6	7
11. I say Brochos [blessings] with Kavaana [devotion].	1	2	3	4	5	6	7

The following statements are concerned with your beliefs about God (Higher Power, Divine, Creator). Please indicate how strongly you generally believe in each statement.

	Not at all	A Little	Somewhat	A Lot	Very Much
1. G-d loves me immensely.	1	2	3	4	5
2. G-d ignores me.	1	2	3	4	5
3. G-d cares about my deepest concerns.	1	2	3	4	5
4. G-d hates me.	1	2	3	4	5
5. No matter how bad things may seem, G-d's kindness to me never ceases.	1	2	3	4	5
6. G-d doesn't care about me.	1	2	3	4	5

Please mark how often you feel, “closer to HaShem” when you are engaged in each of the following activities:

	NEVER	RARELY	SOMETIMES	MOSTLY	ALWAYS
1. Tefillah (prayer) in Shul/b'tzibur	1	2	3	4	5
2. Tefillah (prayer) b'yachid (by myself)	1	2	3	4	5
3. Learning Torah	1	2	3	4	5
4. Time spent with Spouse	1	2	3	4	5
5. Time spent with Children	1	2	3	4	5
6. Shabbos Seudo's (meals)	1	2	3	4	5
7. Tzedakah (giving charity)	1	2	3	4	5
8. Chesed (acts of kindness)	1	2	3	4	5
9. Other Mitzvos that you often do (please list 2):	1	2	3	4	5
(A)					
(B)	1	2	3	4	5

Additional/Demographic Questions

1. What is the highest level of education you have completed?

Some high school, no diploma

High school graduate, diploma or the equivalent (for example: GED)

Some college credit, no degree

Trade/technical/vocational training

Associate degree

Bachelor's degree

Master's degree

Doctoral Degree/MD/JD or other advanced graduate degree

2. What is your total household income?

0 - \$50,000

\$50,000 - \$100,000

\$100,000 - \$150,000

\$150,000 - \$250,000

Above \$250,000

Prefer not to answer

3. Which category best describes **your current** Jewish Affiliation? (please choose one)

[There are 11 categories to choose from: the first 5 options are considered Orthodox Affiliations, and the last 6 options are considered Non-Orthodox Affiliations]

Hassidic

Yeshiva Orthodox

Modern Orthodox

Sephardic Orthodox

Chabad/Lubavitch
Conservative
Reform
Reconstructionist
Humanistic
Sephardic Traditional
Other Jewish (Please describe using the space below)

4. Which category best describes the Jewish Affiliation of **your parents/the home you grew up in**? (please choose one)

[There are 11 categories to choose from: the first 5 options are considered Orthodox Affiliations, and the last 6 options are considered Non-Orthodox Affiliations]

Hassidic
Yeshiva Orthodox
Modern Orthodox
Sephardic Orthodox
Chabad/Lubavitch
Conservative
Reform
Reconstructionist
Humanistic
Sephardic Traditional
Other Jewish (Please describe using the space below)

5. If you are in a current relationship, how would you rate your relationship on scale from 1-10 (10=couldn't be better; 1=couldn't be worse) and why? _____

6. If you currently have children, how would you rate your role as a parent and your relationship with your kids on scale from 1-10 (10=couldn't be better; 1=couldn't be worse) and why?

7. When you feel overwhelmed, how do you self-regulate/manage your feelings? _____

Fresh Start Workshop

8. What do you consider to be some of your strengths? _____

9. What do you consider to be some of your weaknesses? _____

10. Please list any food, medicine, or other allergies: _____

11. Optional: Feel free to write anything else that you would like us to know about you: _____
