

MOTHER-DAUGHTER QUESTIONNAIRE

MIRROR, MIRROR ON THE WALL

YOUR FIRST NAME _____

MOTHER'S FIRST NAME _____ (DOB/DOD)

YOUR DAUGHTER'S FIRST NAME _____

1. What are some adjectives you can use to describe your mother?
2. Describe a “watershed” moment in your mother’s life according to you, and how do you feel that informed her personality or actions?
3. How would you characterize your relationship with your mother? Your similarities/differences?
4. Overall, do/did you have a positive/ negative relationship with your mother. Explain if you’d like.
5. What did you admire about your mother?
6. What would you have liked to have been different about your mother?
7. What do you think about when you think about/ remember your mother?
8. Do you strive to be like/unlike your mother?
9. What phrases do you hear your mother say that you have repeated with your own children ? Do those words bear the test of time?
10. What traits do you see that make you like your mother/ and do you feel you were very influenced by her?
11. Where did you grow up?

*TO THOSE OF YOU WHO HAVE DAUGHTERS AND WOULD LIKE TO
‘FLIP THE SWITCH’ AND DISCUSS THESE QUESTIONS WITH THEM, IT
COULD BE EYE-OPENING!!!*

