

Listening Ear Counselling & Consultancy Pte Ltd

FAMILY INTERACTION PATTERNS SCALE (FIPS)

Here are some questions on family life.

Each question has four answers – Always(A) Sometimes (S) Rarely (R) Never (N).

Please circle any one answer that explains your family situation best.

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| 1. | For general behavior, family members are expected to adhere to family rules. | A | S | R | N |
| 2. | There is a strong emphasis in our family with regard to right and wrong, good and bad, proper and improper. | A | S | R | N |
| 3. | Members are verbally reprimanded when they break family rules. | A | S | R | N |
| 4. | Activities of every family member are merited accordingly in the family. | A | S | R | N |
| 5. | Violation of behavioural rules lead to deprivation of rewards. | A | S | R | N |
| 6. | It does not really matter how members in the family behave in general. | A | S | R | N |
| 7. | Undesirable behavior of the family members is overlooked. | A | S | R | N |
| 8. | Family members are criticized when family rules are violated. | A | S | R | N |
| 9. | Members are appreciated even for insignificant achievements. | A | S | R | N |
| 10. | Members are degraded for even small failures. | A | S | R | N |
| 11. | Pressing issues are given importance in our family. | A | S | R | N |
| 12. | Vital issues are ignored in our family. | A | S | R | N |
| 13. | Distressing issues are discussed jointly by all family members. | A | S | R | N |
| 14. | Whenever there is a stressful situation, the individual is left to find his/her own solution. | A | S | R | N |
| 15. | In times of trouble we get equal amount of support from the family as well as from friends, neighbours and relatives. | A | S | R | N |
| 16. | Family members are forced to depend on resources like neighbours and friends because our family does not provide enough support in times of need. | A | S | R | N |
| 17. | Friends and neighbours are more helpful in times of difficulties than our own family. | A | S | R | N |
| 18. | We have to seek help from voluntary and government agencies since our friends and neighbours are least concerned about our problems. | A | S | R | N |

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| 19. | The only place we can resort to in periods of distress are the voluntary and government agencies or religious organizations. | A | S | R | N |
| 20. | The outside agencies are indifferent to us in times of difficulties. | A | S | R | N |
| 21. | In crisis situations family members are at a loss and do not know what to do or where to go to. | A | S | R | N |
| 22. | Every member is assigned specific tasks in our family | A | S | R | N |
| 23. | Members are instructed how to carry on their tasks. | A | S | R | N |
| 24. | Members are clear about what tasks to perform. | A | S | R | N |
| 25. | Members are expected to carry out their responsibility as per instructions. | A | S | R | N |
| 26. | Members perform additional tasks than the already assigned ones. | A | S | R | N |
| 27. | Members are expected to perform the additional tasks than already assigned. | A | S | R | N |
| 28. | Members do not perform additional tasks after having accepted them. | A | S | R | N |
| 29. | No member is assigned specific tasks in the family. | A | S | R | N |
| 30. | Members are left to do their jobs all by themselves. | A | S | R | N |
| 31. | Members are not sure what jobs they should do or how. | A | S | R | N |
| 32. | Members in the family help out one another in their tasks. | A | S | R | N |
| 33. | Members find it difficult to get help from others in performing their tasks. | A | S | R | N |
| 34. | Everyone knows the job of the other in addition to their own. | A | S | R | N |
| 35. | Nobody really knows the job of the other members of the family. | A | S | R | N |
| 36. | In our family we quarrel about who should do what and how much. | A | S | R | N |
| 37. | In our family the same job is carried out simultaneously by different members. | A | S | R | N |
| 38. | In our family members prefer to perform tasks other than their own. | A | S | R | N |
| 39. | Members are critical about the task performance of others in the family. | A | S | R | N |
| 40. | Non performance of task does not go unnoticed in our family. | A | S | R | N |
| 41. | It is clear who should do what with regard to certain specific tasks. | A | S | R | N |
| 42. | Everyone is free to do whatever they want in our family. | A | S | R | N |
| 43. | Members are permitted to perform their tasks in their own ways. | A | S | R | N |

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| 44. | Members in the family express difficulty in carrying out additional tasks other than assigned. | A | S | R | N |
| 45. | Members do not find difficulty in carrying on their tasks. | A | S | R | N |
| 46. | Members are able to carry out their tasks with ease and competence. | A | S | R | N |
| 47. | No one really bothers whether a task is carried out or not. | A | S | R | N |
| 48. | It is easy to understand when others talk in the family. | A | S | R | N |
| 49. | Members have a lot to say to one another in the family. | A | S | R | N |
| 50. | Members freely approach whoever they want for their requirements. | A | S | R | N |
| 51. | Members derive the same meaning when others members talk. | A | S | R | N |
| 52. | Amount of talk contributed by others during an interaction varies. | A | S | R | N |
| 53. | Members speak freely and with ease while talking to one another. | A | S | R | N |
| 54. | When someone talks the others keep doing their work irrespective of what he/she says. | A | S | R | N |
| 55. | Members talk to each other only when required. | A | S | R | N |
| 56. | There is so much to talk one doesn't know where to start from. | A | S | R | N |
| 57. | Members talk spontaneously against others even when they are not encouraged. | A | S | R | N |
| 58. | We prefer to be silent than indulge in idle talk. | A | S | R | N |
| 59. | There are rules about who should talk to whom and how much. | A | S | R | N |
| 60. | Family members indulge in giving 2 kinds of instructions which oppose each other in performing the same job. | A | S | R | N |
| 61. | Members keep discussing different issues at the same time. | A | S | R | N |
| 62. | It is difficult to understand when family members talk of some issues. | A | S | R | N |
| 63. | Family members do not intervene when some specific issues are discussed. | A | S | R | N |
| 64. | When some issues are being discussed in the family, members talk of things other than what is being discussed. | A | S | R | N |
| 65. | When important issues are being discussed children are kept away. | A | S | R | N |
| 66. | Members don't mind accepting suggestions from others while discussing important issues. | A | S | R | N |

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| 67. | In our family all requirements are conveyed through one another. | A | S | R | N |
| 68. | Members freely express a variety of feelings/emotions to a variety of situation at home. | A | S | R | N |
| 69. | Members don't like it when others offer suggestions. | A | S | R | N |
| 70. | There are times when we don't have anything to talk about. | A | S | R | N |
| 71. | Members do not express their feelings openly in the family. | A | S | R | N |
| 72. | We are careful about what we say to one another. | A | S | R | N |
| 73. | Members prefer to keep their feelings to themselves with regard to various situations in the family. | A | S | R | N |
| 74. | In our family we like being together. | A | S | R | N |
| 75. | Members in the family like doing things together. | A | S | R | N |
| 76. | Family members jointly arrange recreational activities. | A | S | R | N |
| 77. | Members in the family prefer to do their own things. | A | S | R | N |
| 78. | Family members like to do things for the family as a whole. | A | S | R | N |
| 79. | Nobody really bothers what interests others in the family or what they do | A | S | R | N |
| 80. | It is important that the members should be together in the family. | A | S | R | N |
| 81. | Members in the family look forward to being together at least in some part of the day. | A | S | R | N |
| 82. | Family members keep some of their activities to themselves. | A | S | R | N |
| 83. | It is important that the family meets together at last once a day. | A | S | R | N |
| 84. | Family functions are enjoyable occasions when the whole family meets. | A | S | R | N |
| 85. | Family does not plan family outings as a group. | A | S | R | N |
| 86. | Members intentionally do not show concern or withhold participating in pressing issues. | A | S | R | N |
| 87. | Family members demean/belittle one another. | A | S | R | N |
| 88. | Family members are concerned about one another. | A | S | R | N |
| 89. | When members do not have anything specific to do they like to spend time together. | A | S | R | N |

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| 90. | There is someone recognized and accepted as leader in our family. | A | S | R | N |
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| 91. | In times of difficulties members seek the advice of the leader. | A | S | R | N |
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| 92. | All the routine activities are looked after by the leader in our family. | A | S | R | N |
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| 93. | It is not necessary to have a leader in the family. | A | S | R | N |
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| 94. | All types of decisions are taken by the leader without consultation with other family members. | A | S | R | N |
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| 95. | Decisions are taken by the leader in consultations with the others. | A | S | R | N |
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| 96. | Every family member takes his/her own decision regarding family matters. | A | S | R | N |
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| 97. | Family members are indifferent to the decisions taken by the leader. | A | S | R | N |
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| 98. | Members feel the need for a leader only when they encounter serious problems. | A | S | R | N |
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| 99. | Leader tends to decide matters even when family members do not give their full consent. | A | S | R | N |
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| 100. | There is enough freedom for everyone to take his /her own decision in matters concerning themselves. | A | S | R | N |
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| 101. | Once decisions are made there is nothing that can be done to change them. | A | S | R | N |
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| 102. | Once decisions are taken they are implemented | A | S | R | N |
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| 103. | Members are given the freedom to decide various pressing issues pertaining to family as a whole. | A | S | R | N |
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| 104. | Issues pertaining to individual members are decided by the leader. | A | S | R | N |
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| 105. | Decisions are taken only as and when required by those concerned | A | S | R | N |
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| 106. | There is actually no one who can be called a leader. | A | S | R | N |