

# relationships with parents

*Use your own judgment about how to answer these questions if you don't live with one or both parents; if you live with a step-parent, but have contact with the parent not living with you; if you live with foster parents, adoptive parents, or a guardian; or if a parent is no longer living. Feel free to omit some questions or to think about how your parent was when he or she was with you.*

1. Describe the relationship you have with your mother. \_\_\_\_\_  
\_\_\_\_\_
2. Describe the relationship you have with your father. \_\_\_\_\_  
\_\_\_\_\_
3. How are these relationships different from the way they were two years ago? \_\_\_\_\_  
\_\_\_\_\_
- Five years ago? \_\_\_\_\_  
Ten years ago? \_\_\_\_\_
4. What specific problems, if any, interfere with your having a good relationship with your parents? \_\_\_\_\_  
\_\_\_\_\_
5. Which parent are you closest to? \_\_\_\_\_
6. Which parent do you feel you resemble the most physically? \_\_\_\_\_  
Emotionally? \_\_\_\_\_
7. Is one or both of your parents absent? Ill? No longer living? Not around much? \_\_\_\_\_  
\_\_\_\_\_
- If so, how have you coped with that? \_\_\_\_\_  
\_\_\_\_\_
8. How do your parents cope with stress and frustrations? \_\_\_\_\_  
\_\_\_\_\_
- With child-rearing? \_\_\_\_\_
9. How are they coping with your getting older? \_\_\_\_\_  
\_\_\_\_\_
10. How do they respond when you are ill? \_\_\_\_\_  
When you are in trouble? \_\_\_\_\_
11. What do you respect most about your parents? \_\_\_\_\_
12. What have your parents done well in life? (Your answer can relate to any area of life.) \_\_\_\_\_  
\_\_\_\_\_
13. What are the most important things your parents have taught you? \_\_\_\_\_  
\_\_\_\_\_
14. Write five words that come to mind when you think "Dad" or "Father." \_\_\_\_\_  
\_\_\_\_\_
15. Write five words that come to mind when you think "Mom" or "Mother." \_\_\_\_\_  
\_\_\_\_\_