



## **Family of Origin Questions:**

1. How did you (do you) know how to be married? (What kinds of role models do you have?)
2. What was your parents' marriage like?
3. How would your parents resolve conflicts or differences when you were growing up?
4. How did they fight?
5. How did they make-up?
6. How did they communicate feelings to each other and/or to the kids?
7. How well did each of your parents relate to each other sexually?
8. How (who/what) did they discipline the kids?
9. What was the one thing that you wish you had gotten from your parents growing up that you did not?
10. How much is your partner like your father/mother? In what ways?
11. What was it like for you and your parents when you left home (moved out on your own)?
12. Describe any history of mental or emotional illness in your family while you were growing up.