

# About your family

Before we start, please could you tell us:

Today's Date: .....

What is your birthday (date of birth)? .....

Are you a boy or a girl? .....

What is your favourite colour? .....

Hello. We would like you to tell us about your family. We have written some sentences about families. For each sentence, please tell us how well it describes your family. This means how true you think it is.

For each line, tell us if you think the sentence describes your family:

1. **Very well**
2. **Well**
3. **A bit**
4. **Not well**
5. **Not at all**

For example, if a sentence was "Our family wants to stay together". If you feel this sentence is very true about your family, then it describes your family very well. You would put a tick in the box for Very Well, like this:

	<u>This describes our family:</u>				
	Very Well	Well	A bit	Not well	Not at all
Our family wants to stay together	✓				

Do not think for too long about any question, but do try to tick one of the boxes for each question. There are no right or wrong answers. It is about how you see things at the moment.

Please turn over to fill out the questionnaire!



	<b><u>This describes our family:</u></b>				
	<b>Very Well</b>	<b>Well</b>	<b>A bit</b>	<b>Not well</b>	<b>Not at all</b>
1) In my family we talk to each other about things which matter to us					
2) In my family people often do not tell each other the truth					
3) In my family every person gets listened to					
4) In my family it feels risky or scary to disagree					
5) We find it hard to deal with everyday problems					
6) We trust each other					
7) It feels miserable in our family					
8) In my family when people get angry they ignore each other on purpose					
9) In my family we seem to go from one big problem to another					
10) When one of us is upset they get looked after in my family					
11) Things always seem to go wrong for my family					
12) People in the family are nasty to each other					
13) People in my family interfere or get involved <b>too much</b> in each other's lives					
14) In my family we blame each other when things go wrong					
15) We are good at finding new ways to deal with things that are difficult					

Could you tell us what words best describe your family?

.....  
 .....

What is the biggest problem for your family at the moment?

.....  
 .....

How big is this problem for your family? Please put a mark on the line below:											
<b>No problem</b>										<b>Very big problem</b>	
←	0	1	2	3	4	5	6	7	8	9	→ 10

Many thanks for your help!