

## Premarital Counseling Family History Analysis

Name: \_\_\_\_\_ Age: \_\_\_\_\_

Fiancé(e)'s Name: \_\_\_\_\_ Age: \_\_\_\_\_

Please complete each question as thoroughly as possible. This will help me understand you and your family background and will help prepare you for marriage. Although some of the questions may seem silly or irrelevant, please do your best. This is the quickest way for us to get to know one another so that your premarital counseling can be the most effective. No one else will see your answers.

### **FAMILY HISTORY – FATHER AND MOTHER**

I would like to know about your father (If you have a step-father, please describe the one you feel the closest to or the one you regard as your father).

1. List what you feel are the positive qualities of your father.
2. List what you feel are the negative qualities of your father.
3. Describe how you feel about your father.
4. What emotions does he express openly and how?
5. Describe how you and your father communicate.
6. Describe the most pleasant and unpleasant experiences with your father.

7. What was/is your father's goal for *your* life?
8. In what ways are you like your father?
9. In what ways are you different from your father?
10. How did your father discipline you as a child? As a teenager?

I would like to know about your mother (If you have a step-mother, please describe the one you feel the closest to or the one you regard as your mother).

1. List what you feel are the positive qualities of your mother.
2. List what you feel are the negative qualities of your mother.
3. Describe how you feel about your mother.
4. What emotions does she express openly and how?
5. Describe how you and your mother communicate.

6. Describe the most pleasant and unpleasant experiences with your mother.
  
7. What was/is your mother's goal for *your* life?
  
8. In what ways are you like your mother?
  
9. In what ways are you different from your mother?
  
10. How did your mother discipline you as a child? As a teenager?

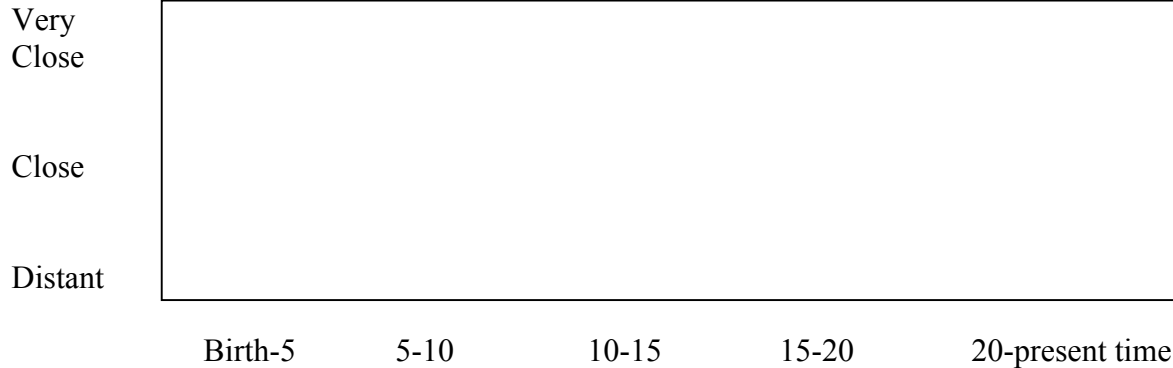
### **PARENTAL BACKGROUND**

1. What was the economic status of your parents during...  
your childhood? \_\_\_\_\_  
now? \_\_\_\_\_
  
2. How would you describe your family? (circle one)  
Upper Class   Upper Middle Class   Middle Class   Lower Middle Class   Lower Class
  
3. What is the marital status of your parents? (circle one)  
Married   Separated   Divorced   Remarried   Additional info: \_\_\_\_\_
  
4. Age of your mother at your birth? \_\_\_\_\_ Age of your father at your birth? \_\_\_\_\_
  
5. On a scale of 1 (unhappy) to 10 (very happy), how happy is your parent's marriage?  
In your opinion: \_\_\_\_\_

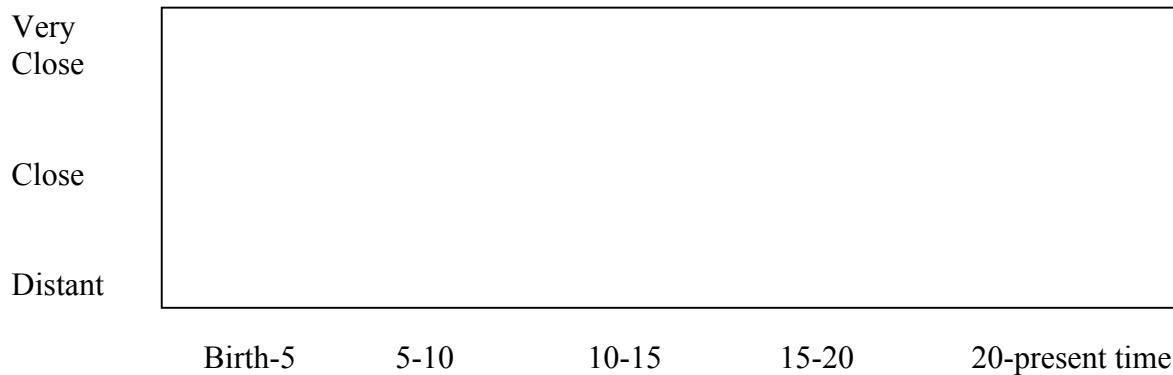
What you think your mother thinks: \_\_\_\_\_

What you think your father thinks: \_\_\_\_\_

6. Describe on the following chart (by drawing a line on the graph below) the history of your personal relationship with your father, starting from birth to the present time:



7. Describe on the following chart (by drawing a line on the graph below) the history of your personal relationship with your mother, starting from birth to the present time:



8. List in descending order the age and the gender of you and your siblings.

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Marital Status: \_\_\_\_\_

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Marital Status: \_\_\_\_\_

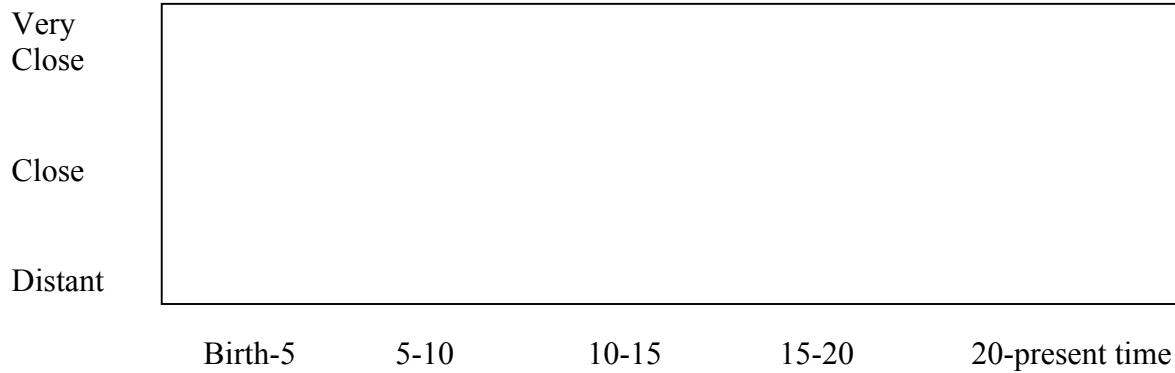
Name: \_\_\_\_\_ Age: \_\_\_\_\_ Marital Status: \_\_\_\_\_

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Marital Status: \_\_\_\_\_

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Marital Status: \_\_\_\_\_

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Marital Status: \_\_\_\_\_

9. Describe on the following chart (by drawing a line on the graph below) the history of your personal relationship with the sibling of the opposite sex closest to you. If there is not a sibling of the opposite sex, then graph the same-sex sibling closest in age to you.



10. List each person in your household while you were growing up. Then indicate, using a percentage, the degree of decision-making-influence each person had in your family.

| Name  | Percentage |
|-------|------------|
| _____ | _____      |
| _____ | _____      |
| _____ | _____      |
| _____ | _____      |
| _____ | _____      |
| _____ | _____      |

11. In making decisions or solving conflicts, people use differing styles of negotiation. Please indicate the style of each family member by placing a check mark in the appropriate column.

|         | Win | Compromise | Yield | Withdraw | Resolve |
|---------|-----|------------|-------|----------|---------|
| You     |     |            |       |          |         |
| Father  |     |            |       |          |         |
| Mother  |     |            |       |          |         |
| Brother |     |            |       |          |         |
| Brother |     |            |       |          |         |
| Sister  |     |            |       |          |         |
| Sister  |     |            |       |          |         |

12. Describe your mother's and father's religious faith.
  
13. In what way is your fiancé(e) similar to your parents?
  
14. In what ways is your fiancé(e) different from your parents?
  
15. What is the occupation of each of your parents?
  
16. Describe how others feel about your fiancé(e) by marking the appropriate box.

|                   | Mother | Father | Closest Friends | Friends | Acquaintances |
|-------------------|--------|--------|-----------------|---------|---------------|
| Highly Approve    |        |        |                 |         |               |
| Approve           |        |        |                 |         |               |
| Accept            |        |        |                 |         |               |
| Disapprove        |        |        |                 |         |               |
| Highly Disapprove |        |        |                 |         |               |

17. Has anyone told you that you should not get married to your fiancé/fiancée, or that you should wait to get married? If so, who?

18. List ten adjectives describing yourself.

- |          |           |
|----------|-----------|
| 1. _____ | 6. _____  |
| 2. _____ | 7. _____  |
| 3. _____ | 8. _____  |
| 4. _____ | 9. _____  |
| 5. _____ | 10. _____ |

19. Using the number associated with each of the adjectives listed for yourself (1-10), indicate which adjectives could also describe the following individuals:

My fiancé/fiancée \_\_\_\_\_ Father \_\_\_\_\_

Mother \_\_\_\_\_ Brother \_\_\_\_\_

Sister \_\_\_\_\_ Best friend \_\_\_\_\_

20. Where on the following line would you place yourself currently in the relationship with your parents?

\_\_\_\_\_

Completely dependent Completely independent

21. Who managed the finances in your family?
22. Describe how your mother and father demonstrated affection to one another and to you.
23. Have you experienced any type of abuse (physical, emotional, sexual, verbal) in your childhood, adolescence, or adult life? If yes, please briefly describe.
24. Was anyone a perfectionist in your family? If so, who?
25. How freely could you express your feelings in your family?
26. Were the rules or lifestyle in your family rigid or flexible?

27. How did you handle pain and disappointment in your life growing up?

### **Personal History**

1. What is your occupation?

2. What is your educational background?

3. How long have you known your fiancé(e)?

4. How long have you dated?

5. How much time do you spend per week together?

6. How long have you been engaged?

7. Have you been engaged before?

If yes, did the prior engagement end in marriage?

If not, what ended the engagement?

8. Have you and your fiancé(e) set specific boundaries for intimacy within your relationship?

9. If so, what are those boundaries, and how are you doing at maintaining them? If not, why not?



10. Are you presently, or have you been in the past, sexually active?
11. If so, is your fiancé(e) aware of your sexual history?
12. Are there any concerns you have about your sexual history, and the potential impact it could have on your marriage? If so, please explain.
13. Illnesses, behaviors, and additions:  
In the spaces below, place a C for currently, P for in the past, and R for recovering

|  | Myself | My Father | My Mother | Siblings |
|--|--------|-----------|-----------|----------|
| 1. Alcoholism                          |        |           |           |          |
| 2. Illegal Drugs                       |        |           |           |          |
| 3. Prescription Drugs                  |        |           |           |          |
| 4. Nicotine                            |        |           |           |          |
| 5. Impulsive Spending                  |        |           |           |          |
| 6. Workaholism                         |        |           |           |          |
| 7. Gambling                            |        |           |           |          |
| 8. Eating disorder                     |        |           |           |          |
| 9. Too much time on the Internet       |        |           |           |          |
| 10. Astrology or the occult            |        |           |           |          |
| 11. Pornography                        |        |           |           |          |
| 12. Too much time watching television  |        |           |           |          |
| 13. Cancer                             |        |           |           |          |
| 14. Heart Trouble                      |        |           |           |          |
| 15. High Blood Pressure                |        |           |           |          |
| 16. Diabetes                           |        |           |           |          |
| 17. Attention Deficit Disorder (ADHD)  |        |           |           |          |
| 18. Sexually Transmitted Disease (STD) |        |           |           |          |
| 19. Depression                         |        |           |           |          |
| 20. Infertility                        |        |           |           |          |

14. Do you have a dream for your life? If so, please describe it.
15. What is the dream you have for your fiancé(e)'s life?
16. What do you want to be doing at age 30?
17. What do you want to be doing at age 40?
18. What do you want to be doing at age 50?
19. Describe how your own marriage and family life will be similar to the family from which you came.
20. Describe how your own marriage and family life will be different from the family from which you came.

**Please list any concerns you may have regarding your relationship with your fiancé/fiancée, or any areas you think have the potential to develop into a problem.**