



Codependency Project 1 Worksheet

This is what you need to do today...

1. Print out and complete the **Family Evaluation Worksheet** on the next page. The goal of this worksheet is to give you an objective perspective of your experiences in your family of origin.

2. Write in the totals for each column:

Never _____

Sometimes _____

Frequently _____

Usually _____

3. What new understanding/insights did you gain about the family system you grew up in?

4. Which of these same behaviors are in your current family system or in the family systems of your extended family?

5. Additional thoughts, questions, or insights...

Family Evaluation Worksheet

	Never	Sometimes	Frequently	Usually
Adults or parents addicted to drugs, alcohol				
Communication is strained				
Communication is ineffective				
Communication is non-existent				
Financial problems				
Explosive emotions from adults (anger, sadness, fear, etc...)				
One or both parents workaholics				
One member of the family exerting their will over the other members of the family				
Significant fighting between parents				
One or both parents threatening to leave the family				
Fighting over custody of the kids				
Frequent disagreements over discipline of the children				
One or both parents seeing advice from one or several of the children				
Children having to take sides between parents				
Not allowed to share your thoughts or feelings				
Not allowed to share your wants or needs				
Frequent misunderstandings				
Ridiculed, disciplined, or "punished" for having an opinion				
Guilt being used as a way to get children to behave				

One member of the family is “unpredictable”				
Constant, heated conflict				
Serious conflict erupts over “little” or insignificant matters				
One member of the family has an unyielding bias or opinion				
Resentment between members of the family				
Passive aggressiveness between family members				
Insults, both veiled and direct				
Sarcastic but cutting “humorous” remarks made between family members				
Name calling between family members				
Hitting, punching, kicking, slapping				
Items being thrown or broken				
Holes in walls, doors, windows				
Sexual contact with minors in family				
Unspoken tension in family				
Perfectionism expected from one of the family members				
Mental health issues including depression, bipolar, borderline, etc...				
Expectation or insistence on sharing same tastes, beliefs, or values				