Parental Survey


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An effective way to become aware of the healthy behaviors and emotional responses acquired unconsciously from modeling after each parent, and their weaknesses, is to take the following survey. In the left column are personality strengths in the left column that are essential to a healthy marriage. In the right column weaknesses that harm the capacity for self-giving love. There is every reasons to be hopeful that with hard work the weaknesses can be markedly reduced and even resolved.

Your Father

Please rate your father regarding how he related to your mother with the good habits in the left-hand column and the weaknesses in the right-hand column. Write 1 for rarely, 2 for periodically and 3 for often:

- Generous ___ or Selfish ___
- Forgiving ___ or Angry ___
- Respectful ___ or Controlling ___
- Responsible & Affectionate ___ or Emotionally Distant ___
- Trusting & Calm ___ or Anxious/mistrustful
- Hopeful & Cheerful ___ or Sad/Negative ___
- Confident & Positive ___ or Insecure/Withdrawn ___
- Verbally Supportive & Upbeat ___ or Perfectionistic & Critical ___
- Mature & Strong ___ or Overly Self-Indulgent ___
- Humble/+ self-knowledge or Proud/- self-knowledge
- Healthy Priorities (see below) ___ or Lack of Prudence or Balance in Life ___
(God first, spouse second and children third)

Now please identify good habits you may have acquired from your father

1.
2.
3.

Please identify possible weaknesses you may have acquired from your father

1.
2.
3.

Your Mother

Please rate your mother regarding how she related to your father with the good habits in the left column and the weaknesses in the right column.

Please rate 1 for rarely, 2 for periodically and 3 for often:

Generous ___ or Selfish ___
Forgiving ___ or Angry ___
Respectful ___ or Controlling ___
Responsible & Affectionate ___ or Emotionally Distant ___
Trusting & Calm ___ or Anxious/Irritable ___
Hopeful & Cheerful ___ or Sad/Negative ___
Confident & Positive ___ or Insecure/Withdrawn ___
Verbally Supportive & Upbeat ___ or Perfectionistic & Critical ___
Mature & Strong ___ or Overly Self-Indulgent ___
Humble/+self-knowledge or Proud/-self-knowledge
Healthy Priorities (see below) ____ or Lack of Prudence or Balance in Life ____

(God first, spouse second and children third)

Now please identify good habits you may have acquired from your mother -

1. 
2. 
3. 

Please identify weaknesses you may have acquired from your mother –

1. 
2. 
3.