

Family Functioning Style Questionnaire (sample page)

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INSTRUCTIONS: Every family has strengths and capabilities, although different families have different ways of using their abilities. This questionnaire asks you to indicate whether or not your family is characterized by 26 different qualities. Please read each statement, then circle the response which is most true for your family (people living in your home). Please give your honest opinions and feelings. Remember that your family will not be like all the statements.

How is your family like the following statements:	Not At All Like My Family	A Little Like My Family	Sometimes Like My Family	Usually Like My Family	Almost Always Like My Family
1. We make personal sacrifices if they help our family.	1	2	3	4	5
2. We usually agree about how family members should behave.	1	2	3	4	5
3. We believe that something good always comes out of even the worst situations.	1	2	3	4	5
4. We take pride in even the smallest accomplishments of family members.	1	2	3	4	5
5. We share our concerns and feelings in useful ways.	1	2	3	4	5
6. Our family sticks together no matter how difficult things get.	1	2	3	4	5
7. We usually ask for help from persons outside our family if we cannot do things ourselves.	1	2	3	4	5
8. We usually agree about the things that are important to our family.	1	2	3	4	5
9. We are always willing to "pitch in" and help each other.	1	2	3	4	5
10. We find things to do that keep our minds off our worries when something upsetting is beyond our control.	1	2	3	4	5