

Healthy Evaluation

My Parents were: (Rate the way you were raised by your parents from 0 - 10, 0 = not at all, 10 - all the time)

0 1 2 3 4 5 6 7 8 9 10

1. _____ like dictators, wanting obedience.
2. _____ rigid, forceful with strict rules, values, beliefs and expectations (shamed us if we differed).
3. _____ critical, judgemental with harsh punishment. (“I felt abused emotionally, sexually, physically, mentally or spiritually.”)
4. _____ closed to talking about certain subjects: sex, religion, politics, feelings.
5. _____ poor listeners about my thinking and feelings.
6. _____ like a machine with many demands (“you should” and “you should not”).
7. _____ degrading with names like, “stupid”, “lazy”, “no good”.
8. _____ cold and indifferent towards me.
9. _____ resistant to change and learning new things. (It was not easy to disagree with them and stay “safe”).
10. _____ distant. (Not close friends, and I was not invited to do things with them regularly.)

(The higher the score, the more potential of being raised in an unhealthy home or treating others in an unhealthy way).