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Family Therapy/Parent Education

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Family Atmosphere and Constellation Questions

Date: _____

Completed by: _____

1. Which child/children are you the most concerned about? Why?
2. What is the problem you are most concerned about?
3. Please describe the last time you saw this problem with your child. What happened just before the problem occurred? How did the problem present itself? What did you and/or other adults do in response? How did your child respond to you then?
4. What makes the problem better?
5. What makes the problem worse?
6. If __ (the presenting problem) __ wasn't happening, how would things be different in your family?
7. Are your children yours by birth or by adoption?
8. If your child was born to you, what was your pregnancy like?
9. If your child came to you through adoption, how old were they at the time? Where were they born?
10. Describe the personality of each person in your family:
11. How are the children in the family different from each other?
12. How are the children in the family like each other?
13. Which child or children in the family is most like you? How is he or she like you? What do you like about that child?
14. Which child or children is most like their other parent? How is he or she like their other parent? What does the other parent like about that child?

15. What is the relationship like between you and your child's other parent?
16. If you are no longer living with or married to your child's other parent, is there another adult co-parenting with you in the home?
17. Who makes the big decisions for your family? Who makes the little, day to day decisions for your family?
18. Which parent is most worried about the children? In what way?
19. Which parent is more ambitious for the children? In what way?
20. How do you handle disagreements between parents? What do you usually disagree about?
21. What is your philosophy on the best way to teach children?
22. What is your philosophy on the best way to discipline children?
23. On what topics related to parenting situations do you have different opinions? What happens when you have different opinions on how to handle parenting situations?
24. What other adults are important in the child's life? In what way?
25. What other children are important in the child's life? In what way?
26. Do any family members use alcohol or drugs? To what extent? How does this affect the family? What is the child's reaction to the use of drugs or alcohol?
27. If you could change anything about your family, what would you change?
28. How does each child stand out in the family?
 - a. Positively:(characteristics, successes, contributions)?
 - b. Negatively:(characteristics, problems, upsets for the family)?
29. What does your child, or what do your children, want to be when they grow up?
30. Describe the routine happenings in a typical day for your family.
 - a. Morning
 - b. Afternoon
 - c. Evening
 - d. Weekends

31. What are your child's/children's responsibilities?
 - a. For waking up in the morning.
 - b. For getting dressed, teeth brushed, hair fixed in the morning?
 - c. For getting their breakfast and/or lunch ready?
 - d. Getting ready for bed at night?
 - e. Picking up after them selves, cleaning their room?
 - f. Household chores that benefit everyone (examples: setting the table, watering flowers, preparing food, cleaning up or picking up family areas)?
 - g. Taking care of pets?
32. Does your child/do your children stay alone? When? How long?
33. What meals does your family eat together? How often does your family eat together? What are mealtimes like for your family?
34. Does your child have trouble going to bed, turning out the lights, getting to sleep, or sleeping through the night? How do you help your child when they have any of these problems?
35. Does the child/do the children have nightmares? Dreams? What about? How do they react to their nightmares?
36. What traumatic events have occurred during the child's/children's life? How did the child/do the children react to the trauma? What was done to help the child/children cope with any trauma they experienced?
37. What are your hopes and dreams for your child/children?
38. What is your greatest fear for your child/children?
39. Describe your own family of origin:
 - a. What were your parents like?
 - b. How many brothers and sisters did you have?
 - c. What was your birth order position?
 - d. What was your parent's discipline style?
 - e. As a child, what were you known for in your family—positively and negatively?

- f. What were the most important values in your family when you were growing up?
40. How does your current family resemble your family when you were growing up?
41. How is your current family different from your family when you were growing up?
42. How does your parenting resemble that of your parents? How is your parenting style different from theirs?
43. What else is important for me to know and understand about your family?

*Thank you for taking the time to answer these questions.
Your responses will help me better understand you and your family.*