

First Name and last initial: _____ Date: _____

Check each one that applies.

- I looked up to my father.
- I could confide to my father.
- I played often with my father.
- I hid from my father.
- I was afraid of my father.
- My father was kind and approachable.
- My father was there when i needed him.
- I felt I was a disappointment to my father.
- Pleasing my father was important to me.
- I made every effort to please my dad.
- My dad often told me he loved me
- I can't remember my dad ever telling me he loved me.
- My dad was rarely/never home.
- My dad yelled at me often.
- My dad was generous.
- My dad was quiet and stayed to himself when home.
- My dad as a happy person.
- I describe my dad as a _____ person. (fill in the blank; repeat for each adjective)
- My dad exhibited a strong faith in God.
- My dad had addictions - drugs, alcohol, pornography, gambling, work, other _____
- I didn't know my dad (he left, never was in the picture, or died.) .
- My mother had remarried more than once. .
- I never who my dad was (name).
- My dad did not discipline me.
- My dad deferred discipline to my mother.
- I received harsh, often abusive discipline from my father.
- I could ask my dad for advice.
- My dad was an angry person.
- My dad was authoritative.
- My dad was permissive.
- My dad could have cared less.
- My dad was over-protective.
- I could run into my dad's arms.
- My dad was in total control of the remote control.
- My dad worked hard and played well.
- My dad worked hard to climb the corporate level.
- My dad loved my mother and showed it.
- If things went my dad's way, he was happy.
- If things did not go as he planned, dad took his frustrations out on the family.
- My dad abused me sexually.
- My dad abused me physically.
- My dad abused me verbally with put downs, criticism, and angry yelling.
- I have pleasant memories of my dad.

List other ways to describe your dad & your relationship with him.
