

What did [] experience within their family of origin?

Below is a list of common experiences people encounter within their families. Select all the options that apply to what you know or have learned about your mother's family dynamics. If necessary add more content in the blank spaces below.

Circle Your Selection:

Absent parents	Emotional abuse	Performance-based worth
Addictions	Emotionally cold	Physical abuse
Affair	Feeling unloved	Poverty
Alcohol abuse	Fighting/yelling	Religious extremism
Belittling	Food issues	Self-centeredness
Comparisons	Frequent moves	Sexual abuse
Controlling	High stress	Step-parents
Death	Hoarding	Strict parenting
Demanding	Mental illness	Toxic relationships
Demeaning	Neglected	Unkindness
Divorce	Overbearing	Wealth
Drug abuse	Passive parenting	Early responsibility