

# Questionnaire

If you want to do a constellation



## Questionnaire

Fill in the following questionnaire if you want to do a constellation. Limit your answers to the actual facts. All of the facts of your family history are important. The most important facts are those connected with heavy fates of family members, such as trauma, abuse, exclusion, or death. Here is an overview of the most common examples of heavy fates. The more generations you go back, the better.

### Difficult Fates

- The early death of one parent, before the child turns twenty-eight to thirty years of age
- The early death of a sibling, before he, she, or you turns twenty-eight to thirty years of age
- Miscarriages after the third month of pregnancy
- Maternal death
- Major accident or illness
- Victims of natural and other disasters
- Physical abuse or incestuous relationships
- Physical or mental disabilities
- Suicide or murder
- Victims or perpetrators of a crime in the family
- Imprisonment (jail, concentration camps, confinement to reservations, and so forth)
- All kinds of war-related experiences
- Homosexuality
- Exclusion from the family
- Nuns, monks, or priests in the family
- Psychiatric patients in the family
- Bankruptcies
- Emigrants
- Forefathers involved in slavery (as slaves or masters)
- Native forefathers
- Colonial rulers
- Extramarital births (in the past, where it caused social disturbance)
- Children who were passed on to foster parents or relatives at a young age
- Adoption
- Family members sent at a young age to boarding school without necessary reason
- Family members forced to move or flee from their home country
- Family members with parents of different nationalities
- Family members never allowed to leave the parental home

To make it easier for you, here is a questionnaire about you and your family.

### **Personal facts from your childhood**

- Were there complications with your birth?
- Was your mother ill, or did she have a permanent injury as a result of your birth?
- Were you hospitalized early or later on in childhood due to a sudden or heavy illness?
- How many siblings do you have?
- Were there miscarriages or children who died at a young age?
- Do any of your siblings suffer a difficult fate (see above)?

### **Personal facts from your adolescence/adulthood**

- Were there important partners (first great love) before your current couple relationship?
- Were there special reasons for the premature end to an earlier relationship (e.g., parental influence or interference)?
- Were there any abortions?
- Were there any miscarriages or children who died at a young age?
- Were there extramarital births?
- Were there children from an earlier relationship?

### **Facts on the level of the parents**

- How did your parents meet?
- Did one of them have an important couple relationship previously?
- Did one of them have a relationship earlier, or was he or she married before?
- Were there important reasons why an earlier relationship of either parent could or should not continue?
- How old were they when they were married?
- Were you born before or after they were married?
- Were you the reason they married?
- If they did not marry, was there a special reason for this?

### **Facts from your maternal/paternal family of origin**

#### **Mother/Father**

- How many siblings did he or she have, and where did he or she come in the family?
- Were there miscarriages or children who died at a young age?
- Was there a difficult fate (see above)?

#### **Each grandparent**

- How many siblings did he or she have, and what was his or her position in the family?
- Were there miscarriages or children who died at a young age?
- Did he or she as a child or adult undergo a difficult fate (see above)?

### **Great-grandparents and erstwhile ancestors on both sides**

- Were there any difficult fates or notable events?