

Questionnaire

Getting to Know Your Mind-Set



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To become aware of direct loyalties, it is necessary to familiarize yourself with all the ideas, opinions, and the actual relational reality of your ancestors. By doing this, you become aware of your mind-set about relationships. This allows you to discover to whom you are loyal and identify the relative from whom you have carried over destructive attitudes that you repeat in your own relationships. This information will help you to let go of undesired loyalties. You may not be able to let go of more entrenched loyalties and entanglements by yourself, but this questionnaire will be a good preparation for your own constellation.

Questionnaires Parents

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Answering the following questions will give you a general idea of the level of relationship harmony in your family.

How many relationships/marriages of parents, grandparents, aunts, and uncles (on both your father's and mother's sides) are there in your family? From your perspective, how many of these relationships were really happy, good, bad, or ended in divorce?

Out of ____ relationships, ____ were really happy, ____ were good, ____ were bad, and there were ____ divorces.

(For example: Out of fourteen relationships, one was really happy, three were good, seven were bad, and there were three divorces.)

Note: Keep your eye out for the most typical statements, patterns, blame, or pain points, starting from the relationship(s) of your parents. Keep your answers brief and to the point.

Your father

What are typical statements he made about men?

.....

What are typical statements he made about women?

.....

What are typical statements he made about your mother?

.....

What are typical statements he made about himself?

.....

What are typical statements he made about his relationship with your mother?

.....

What are typical statements he made about relationships in general?

.....

Your mother

What are typical statements she made about women?

.....

What are typical statements she made about men?

.....

What are typical statements she made about your father?

.....

What are typical statements she made about herself?

.....

What are typical statements she made about her relationship with your father?

.....

What are typical statements she made about relationships in general?

.....

Their marriage

What are typical statements about their relational reality?

.....

If your parents are divorced, what was the reason for their divorce?

.....

Do both parents give the same reason for this?

If not, what reasons does your mother give?

.....

If not, what reasons does your father give?

.....

Questionnaires Grandparents

Continue on with questions about the relationships of your grandparents. Try to collect as much information as possible. To gain insight into your immediate loyalties to your grandparents and what you have carried over from them, answer the following questions. Make a list for each side of your family: your mother's side with her family and your father's side with his family. The same can be done with your grandparents insofar that you have enough information about them. **Note:** Again try to avoid long stories. Look for the key pain points or patterns on relationships, and write them down succinctly.

From your perspective, how was the relationship between your grandparents?
(List three or four words that characterize their relationship)

Mother's side:.....

Father's side:.....

Grandmother:

What are typical statements your grandmother made about your grandfather?

.....

What are typical statements your grandmother made about men in general?

.....

Grandfather:

What are typical statements your grandfather made about your grandmother?

.....

What are typical statements your grandfather made about women in general?

.....

Do you remember things they said specifically about their relationship?

.....

If your grandparents divorced, what was the reason for this?

.....

Do both grandparents give the same reasons?

If not, what reasons does the grandmother give?

.....

If not, what reasons does the grandfather give?

.....

Uncles and aunts

How many uncles and aunts remained without a partner? For those in steady, ongoing relationships, find out how many were good, difficult, or ended in divorce. What are typical stories or statements about their relationships? Write down the main points.

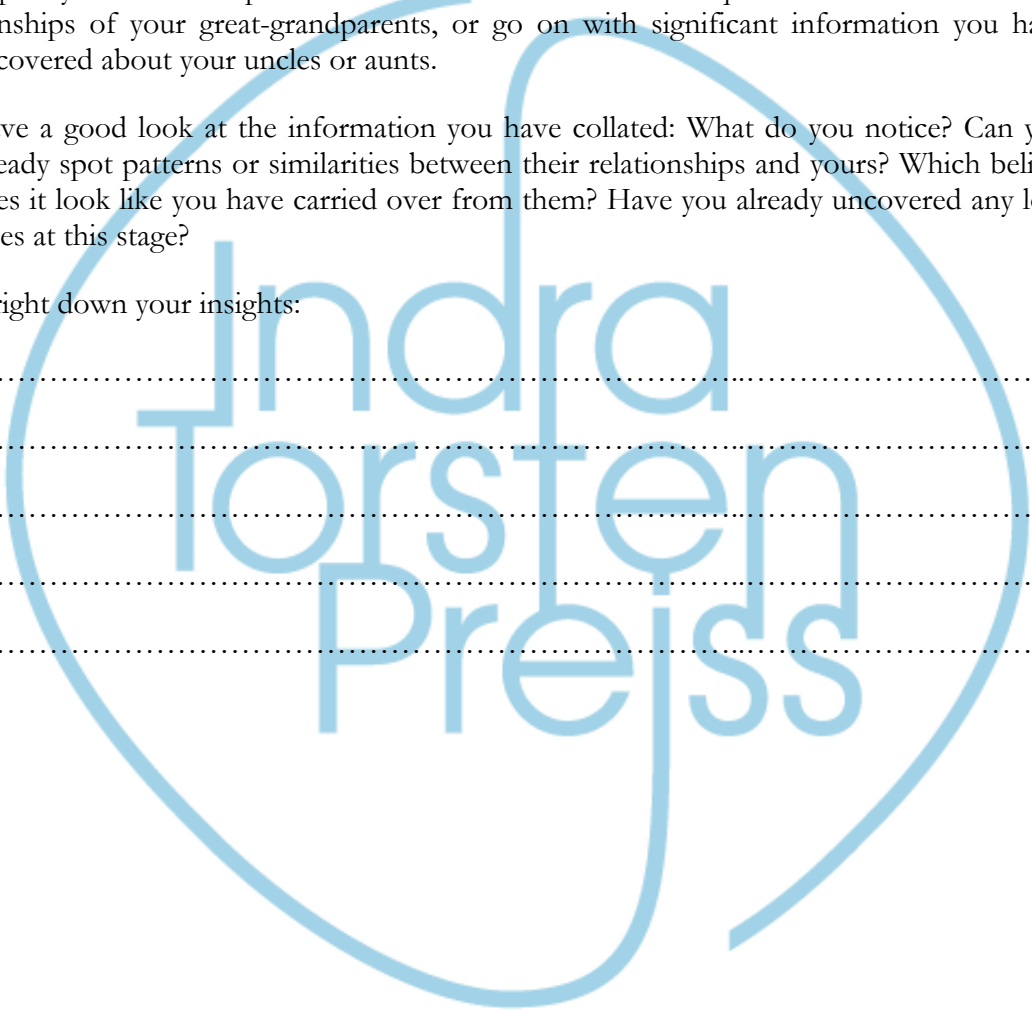
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You now have completed at least three question lists: one about the relationship of your parents, one about the relationship of your father's parents, and one about the relationship of your mother's parents. Continue on and also create question lists about the relationships of your great-grandparents, or go on with significant information you have uncovered about your uncles or aunts.

Have a good look at the information you have collated: What do you notice? Can you already spot patterns or similarities between their relationships and yours? Which beliefs does it look like you have carried over from them? Have you already uncovered any loyalties at this stage?

Write down your insights:

.....
.....
.....
.....



Questionnaire for your current relationship

With what expectations did you start this relationship?

.....

What is difficult in this relationship?

.....

What is most lacking in this relationship?

.....

Do you feel respected and seen? If not, in what ways (e.g., care, input, creativity, intimacy, sexuality)?

.....

What are the main things you criticize in your partner during a conflict?

.....

What are the main things you blame your partner for during a conflict?

.....

What is most lacking in this relationship for your partner?

.....

Also important is your relationship with your parents

What do you feel was most lacking in your relationship with your mother?

.....

What do you feel was most lacking in your relationship with your father?

.....

Answer the following questions with a rating of 1 to 10, with 1 being unattached and 10 being strongly attached.

How strongly as a man are you attached to your mother?.....

How strongly as a man are you attached to your father?.....

How strongly as a woman are you attached to your mother?.....

How strongly as a woman are you attached to your father?.....

Note: If your score exceeds five on solidarity with the parent of the opposite sex, then your relationship skills have very likely been compromised. Read the section about Mummy's Boy and Daddy's Little Princess in *Heal Your Relationship*.

Questionnaire for your past relationship(s) or marriage(s)

—Complete a separate list for each important relationship you have had.

My relationship with:.....

With what expectations did you start the relationship?

.....

If you ended the relationship, what was your specific reason for doing so?

.....

If your partner ended the relationship, what was his or her specific reason for doing so?

.....

What was most lacking for you in this relationship?

.....

Did you feel respected and seen? If not, in what ways (e.g., care, input, creativity, intimacy, sexuality)?

.....

What were the main things you blamed on your partner during a conflict?

.....

What are typical statements your former partner made about you, or what did he or she blame you for in a conflict?

.....

What was most lacking in this relationship for your former partner?

.....

If you have had several different relationships or marriages, you will certainly be able to find patterns, sore points, or mutual recriminations that repeat themselves. These are particularly important. Look for these parallels and possible repetitions across your relationships.