

Some Ingredients of a Functional or Dysfunctional home - Questionnaire

Dr. Nathaniel Branden

Please respond to the following questions:

1. When you were a child, did your parents' manner of behaving and dealing with you give you the impression that you were living in a world that was rational, predictable, and intelligible?.....
Or a world that was bewildering, contradictory, incomprehensible, and unknowable?.....
2. Were you taught the importance of learning to think, the importance of developing you mind, the importance of becoming a rational being?
Did your parents provide you with intellectual stimulation and convey the idea that the use of your mind can be an exciting pleasure?.....
3. Were you encouraged to think independently, to develop your critical faculty?
Or were you taught to be obedient rather than mentally active and questioning?.....
Did your parents project that it was more important to conform to what other people believed than to discover what is true?
When your parents wanted you to do something, did they appeal to your understanding and give you reasons for their request?
Or did they communicate, in effect, "Do it because I say so"?
4. Did you feel free to express your view openly, without fear of punishment?
5. Did your parents communicate their disapproval of your thoughts, desires or behavior by means of humor, teasing, or sarcasm?.....
6. Did your parents treat you with respect?
Were your thoughts, needs, and feelings given consideration?
Was your dignity as a human being acknowledged?
When you expressed ideas or opinions, were they treated seriously?
Were your desires treated thoughtfully and respectfully?.....
7. Did you feel that you were psychologically visible to your parents?.....
Did you feel real to them?.....
Did your parents seem to make a genuine thoughtful effort to understand you?
Did your parents seem authentically interested in you as a person?
Could you talk to your parents about issues of importance and receive interested, meaningful understanding from them?.....
8. Did you feel loved and valued by your parents, in the sense that you experienced yourself as a source of pleasure to them?.....
Or did you feel unwanted, perhaps a burden?
Or did you feel hated?.....
Or did you feel you were simply an object of indifference?
9. Did your parents deal with you fairly and justly?.....
Did your parents resort to threats in order to control your behavior-either threats of immediate punitive action on their part, or threats in terms of long-range consequences for your life, or threats of supernatural punishments, such as going to hell?.....
Were you praised when you performed well?

- Or merely criticized when you performed badly?
- Were your parents willing to admit it when they were wrong?
- Or was it against their policy to concede that they were wrong?
10. Was it your parents' practice to punish you or discipline you by striking or beating you? ..
 11. Did your parents project that they believed in your basic goodness?.....
Or did they project that they saw you as bad or worthless or evil?
 12. Did your parents project that they believed in your intellectual and creative potentialities?
Or did they project that they saw you as mediocre or stupid or inadequate?
 13. In your parents; expectations concerning your behavior and performance, did they take
cognizance of your knowledge, needs, interests and context?.....
Or were you confronted by expectations and demands that were overwhelming and
beyond your ability to satisfy?
 14. Did your parents' behavior and manner of dealing with you tend to produce guilt in you? .
 15. Did your parents' behavior and manner of dealing with you tend to produce fear in you? ..
 16. Did your parents respect your intellectual and physical privacy?
 17. Did your parents project that it was desirable for you to think well of yourself, to have
self esteem?
 - Or were you cautioned against valuing yourself, and encouraged to be humble?.....
 18. Did your parents project that what a person made of his life, and what you specifically
made of your life, was important?.....
Did your parents project that great things are possible to human beings-and specifically,
great things are possible to you?
 - Did your parents project that life could be an exciting, challenging and rewarding
adventure?
 19. Did your parents encourage in you a fear of the world, a fear of other people?
 - Or were you encouraged to face the world with an attitude of relaxed, confident
benevolence? Or neither?
 20. Were you encouraged to be open in the expression of your emotions and desires?.....
Or were your parent's behavior and manner of treating you such as to make you fear
emotional self assertiveness and openness, or to regard it as inappropriate?
 21. Did your parents encourage you in the direction of having a healthy, affirmative attitude
toward sex and toward your own body?.....
Or a negative attitude? Or neither?
 22. Did your parents' manner of dealing with you tend to develop and strengthen your sense
of your masculinity or femininity?.....
Or to frustrate and diminish it? Or neither?