

## Family Functionality Assessment

Quickly rate your family of origin's functionality based on these 8 factors. Don't overthink it; just go with a quick gut assessment. Score 1–5, with 1 and 2 representing the degree of alignment with functional behaviors in the left column; 4 and 5 representing the degree of non-functional behaviors in the right column; and 3 representing an equal distribution.

|   |  |
|---|--|
| <b>Integrate the past well:</b> <ul style="list-style-type: none"><li>• Talk about positive and negative experiences</li><li>• Learn from past experiences</li><li>• Reminisce positive experiences</li></ul>                 | <b>Integrate the past poorly:</b> <ul style="list-style-type: none"><li>• Dwell on negative experiences</li><li>• Repetitive</li><li>• Trying to fix past experiences</li></ul>  |
| Score =   |  |
| <b>Deal with feelings well:</b> <ul style="list-style-type: none"><li>• Express a range of feelings</li><li>• Acknowledge paradox</li></ul>   | <b>Deal with feelings poorly:</b> <ul style="list-style-type: none"><li>• Predominately negative feelings</li><li>• Unable to acknowledge uncertainty, paradox</li></ul>   |
| Score =   |  |
| <b>Solve problems well:</b> <ul style="list-style-type: none"><li>• Identify problems as they occur</li><li>• Identify options for solving</li><li>• Open to suggestions</li><li>• Work as a team</li></ul>                   | <b>Solve problems poorly:</b> <ul style="list-style-type: none"><li>• Looking for fault</li><li>• Emotional focus</li><li>• Unclear communication</li><li>• Withholding and exaggerating</li><li>• Express powerlessness</li></ul>                               |
| Score =   |  |
| <b>Utilize resources well:</b> <ul style="list-style-type: none"><li>• Utilize a wide range of resources</li><li>• Accept support</li><li>• Express satisfaction</li><li>• Take initiative</li><li>• Involve others</li></ul> | <b>Utilize resources poorly:</b> <ul style="list-style-type: none"><li>• Utilize mostly formal resources</li><li>• Difficulty accepting support</li><li>• Express dissatisfaction</li><li>• Don't take initiative</li><li>• Have fewer friends helping</li></ul> |
| Score =   |  |

|  |   |
|--|---|
| <p>Consider others:</p> <ul style="list-style-type: none"> <li>• Acknowledge effects on other family members</li> <li>• Concerned for their well being</li> <li>• Focus on patient's well-being</li> </ul>   | <p>Don't consider others:</p> <ul style="list-style-type: none"> <li>• Focus on own emotional needs</li> <li>• Inordinate need for individual attention</li> </ul>  |
| Score =  |   |
| <p>Portray family identity:</p> <ul style="list-style-type: none"> <li>• Identify coping style of family and individuals</li> <li>• Warm and caring with each other</li> <li>• Recognize opportunity for growth</li> <li>• Value all family members</li> </ul> | <p>Don't portray family identity:</p> <ul style="list-style-type: none"> <li>• Identify coping style of individual only</li> <li>• One family member dominates</li> <li>• Discomfort with expressing true feelings</li> <li>• Feign group consensus where there is none</li> <li>• Describe few past family interactions</li> </ul> |
| Score =  |   |
| <p>Fulfill roles well:</p> <ul style="list-style-type: none"> <li>• Flexible adaptation to changing roles</li> <li>• Share responsibilities</li> <li>• Adjust priorities</li> </ul>  | <p>Don't fulfill roles:</p> <ul style="list-style-type: none"> <li>• Rigid roles</li> <li>• Caregiving seen as an obligation or duty</li> </ul>   |
| Score =  |   |
| <p>Tolerate differences:</p> <ul style="list-style-type: none"> <li>• Allow differences of opinion within family</li> <li>• Allow differences of opinion of others</li> <li>• Willing to examine beliefs and values</li> </ul>                                 | <p>Intolerant of differences:</p> <ul style="list-style-type: none"> <li>• Critical of friends who fail to respond as expected</li> <li>• Rigid adherence to beliefs and opinions</li> </ul>  |
| Score =  |   |

**Where does your family fall on this continuum?**

**Total Score =**

