## ADLERIAN LIFESTYLE QUESTIONNAIRE

## FAMILY CONSTELLATION: BIRTH ORDER AND SIBLING DESCRIPTION

personality dimensions. Include your own position in relationships to you  Most to Least Intelligent Achievement-oriented Hardworking Pleasing Assertive Responsible Charming Gonforming Materialistic Methodical Athletic Demanding Rebellious Spoiled Critical of others Bossy Which sibling is the most different from you and how?  Which played together? Who took care of whom? Were there any unusual achievements by the siblings?  Masculine Hardworking Easygoing Daring Adseculine Hardworking Easygoing Daring Amasculine Caring Masculine Fun-loving Anterialistic Demanding Critical of self Withdrawn Critical of self Spoiled Withdrawn Critical of others Religious Which sibling is the most different from you and how?  Which played together? Who took care of whom? Were there any unusual achievements by the siblings? Any accidents or sickness?		
Intelligent		
Most to Least     Most to Least       Intelligent     Feminine       Achievement-oriented     Masculine       Hardworking     Easygoing       Pleasing     Daring       Assertive     Responsible       Charming     Idealistic       Conforming     Materialistic       Methodical     Fun-loving       Athletic     Demanding       Rebellious     Critical of self       Spoiled     Withdrawn       Critical of others     Sensitive       Bossy     Religious       Which sibling is the most different from you and how?       Which played together?       Which fought each other?       Who took care of whom?       Were there any unusual achievements by the siblings?       Any accidents or sickness?	Do a rating of each of the siblings, fr	om the highest to the lowest, on each of the following
Intelligent Feminine Achievement-oriented Masculine Hardworking Easygoing Pleasing Daring Assertive Responsible Charming Idealistic Conforming Materialistic Methodical Fun-loving Athletic Demanding Rebellious Critical of self Spoiled Withdrawn Critical of others Sensitive Bossy Religious Which sibling is the most different from you and how?  Which played together? Which fought each other? Who took care of whom? Were there any unusual achievements by the siblings? Any accidents or sickness?	personality dimensions. Include you	r own position in relationships to your siblings.
Achievement-oriented Masculine Hardworking Easygoing Pleasing Daring Assertive Responsible Charming Idealistic Conforming Materialistic Methodical Fun-loving Athletic Demanding Rebellious Critical of self Spoiled Withdrawn Critical of others Sensitive Bossy Religious Which sibling is the most different from you and how?  Which played together? Which fought each other? Who took care of whom? Were there any unusual achievements by the siblings? Any accidents or sickness?		
Hardworking Easygoing Pleasing Daring Assertive Responsible Charming Idealistic Conforming Materialistic Methodical Fun-loving Athletic Demanding Rebellious Critical of self Spoiled Withdrawn Critical of others Sensitive Bossy Religious Which sibling is the most different from you and how?  Which played together? Which fought each other? Who took care of whom? Were there any unusual achievements by the siblings? Any accidents or sickness?		Feminine
Pleasing	Achievement-oriented	Masculine
Assertive Responsible Idealistic Conforming Idealistic Materialistic Methodical Fun-loving Athletic Demanding Rebellious Critical of self Spoiled Withdrawn Critical of others Sensitive Bossy Religious Mhich sibling is the most different from you and how?  Which sibling is the most different from you and how?  Which played together? Which fought each other? Who took care of whom? Were there any unusual achievements by the siblings? Any accidents or sickness?	Hardworking	Easygoing
Charming Idealistic Conforming Materialistic Methodical Fun-loving Athletic Demanding Rebellious Critical of self Spoiled Withdrawn Critical of others Sensitive Bossy Religious  Which sibling is the most different from you and how?  Which played together? Which fought each other? Who took care of whom? Were there any unusual achievements by the siblings? Any accidents or sickness?	Pleasing	Daring
Conforming Materialistic Fun-loving Athletic Demanding Rebellious Critical of self Spoiled Withdrawn Critical of others Sensitive Religious Religious Which sibling is the most different from you and how?  Which played together? Which fought each other? Who took care of whom? Were there any unusual achievements by the siblings? Any accidents or sickness?	Assertive	Responsible
Methodical Fun-loving Demanding Rebellious Critical of self Spoiled Withdrawn Critical of others Sensitive Religious Religious Which sibling is the most different from you and how?  Which sibling is the most different from you and how?  Which played together?  Which played together?  Which fought each other?  Who took care of whom?  Were there any unusual achievements by the siblings?  Any accidents or sickness?	Charming	Idealistic
Athletic Demanding Rebellious Critical of self Spoiled Withdrawn Critical of others Sensitive Bossy Religious  Which sibling is the most different from you and how?  Which is most like you, and how?  Which played together? Which fought each other? Who took care of whom? Were there any unusual achievements by the siblings? Any accidents or sickness?	Conforming	Materialistic
Rebellious Critical of self Spoiled Withdrawn Critical of others Sensitive Bossy Religious  Which sibling is the most different from you and how?  Which is most like you, and how?  Which played together? Which fought each other? Who took care of whom? Were there any unusual achievements by the siblings? Any accidents or sickness?	Methodical	Fun-loving
Spoiled	Athletic	Demanding
Critical of others  Bossy  Religious  Which sibling is the most different from you and how?  Which is most like you, and how?  Which played together?  Which fought each other?  Who took care of whom?  Were there any unusual achievements by the siblings?  Any accidents or sickness?	Rebellious	Critical of self
Critical of others  Bossy  Religious  Which sibling is the most different from you and how?  Which is most like you, and how?  Which played together?  Which fought each other?  Who took care of whom?  Were there any unusual achievements by the siblings?  Any accidents or sickness?	Spoiled	Withdrawn
Bossy Religious  Which sibling is the most different from you and how?  Which is most like you, and how?  Which played together?  Which fought each other?  Who took care of whom?  Were there any unusual achievements by the siblings?  Any accidents or sickness?	•	Sensitive
Which sibling is the most different from you and how?  Which is most like you, and how?  Which played together?  Which fought each other?  Who took care of whom?  Were there any unusual achievements by the siblings?  Any accidents or sickness?		
Which fought each other? Who took care of whom? Were there any unusual achievements by the siblings? Any accidents or sickness?		
Which played together? Which fought each other? Who took care of whom? Were there any unusual achievements by the siblings? Any accidents or sickness?		
Which fought each other? Who took care of whom? Were there any unusual achievements by the siblings? Any accidents or sickness?	Which is most like you, and how?	
Which fought each other? Who took care of whom? Were there any unusual achievements by the siblings? Any accidents or sickness?	Which played together?	
Who took care of whom?		
Were there any unusual achievements by the siblings?Any accidents or sickness?	=	
Any accidents or sickness?	Were there any unusual achievement	
777 - 1 1 0 1 11 1	Any accidents or sickness?	
What kind of child were you?	What kind of child were you?	
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What childhood fears did you have?	What were your childhood ambitions	

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_	Wordham wife and another many lands and another lands and a second desired and a second desir
<u>6.</u>	_Were there any significant events in your physical and sexual development? Explain.
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7.	Any highlights in your social development?
8.	What were the most important values in your family?
9.	What stands out the most for you about your family life?
FA	MILY CONSTELLATION: PARENTAL FIGURES AND RELATIONSHIPS
	• Who do you most identify as your Father ( <i>This person may not be your biological father</i> )? Explain:
	• Who do you most identify as your Mother ( <i>This person may not be your biological mother</i> )? Explain:

The following questions apply to your Father and Mother as you have identified above.

	Father's current age	Mother's current age	
	His occupation	Her occupation	
٦	What kind of person is he?		
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-			
-			
-			
	what kind of person is she?		
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]	His ambitions for the children.		
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-	Han ambitions for the shildren		
J	Her ambitions for the children.		
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	Your childhood view of your mother.		
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]	His favorite child, and why?		
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]	Her favorite child, and why?		
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7.	His relationship to children.
	Her relationship to children.
8.	Sibling most like father. In what ways?
	Sibling most like mother. In what ways?
9.	Describe your parents' relationship with each other.
10.	In general, how did each of the siblings view and react to your parents?
11.	In general, what was your parents' relationship to the children?
12.	Besides your mother and father, were there any other significant adults in your life? Who? How did they affect you?

## EARLY RECOLLECTIONS AND DREAMS

What	is your earliest single and specific memory?	
What	are some other early recollections? Be as detailed as possible	
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wnat	feelings are associated with any of these memories?	
Can v	you recall any childhood dreams?	
J 4411 J		
Do yo	ou have any recurring dreams?	