

ADLERIAN LIFESTYLE QUESTIONNAIRE

FAMILY CONSTELLATION: BIRTH ORDER AND SIBLING DESCRIPTION

1. List the siblings from oldest to youngest. Give a brief descriptions of each (including yourself). What most stands out for each sibling?

2. Do a rating of each of the siblings, from the highest to the lowest, on each of the following personality dimensions. Include your own position in relationships to your siblings.

Most to Least

Intelligent

Achievement-oriented

Hardworking

Pleasing

Assertive

Charming

Conforming

Methodical

Athletic

Rebellious

Spoiled

Critical of others

Bossy

Most to Least

Feminine

Masculine

Easygoing

Daring

Responsible

Idealistic

Materialistic

Fun-loving

Demanding

Critical of self

Withdrawn

Sensitive

Religious

3. Which sibling is the most different from you and how?

4. 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?

What kind of child were you?

What was school like for you?

What childhood fears did you have?

What were your childhood ambitions?

5. What was your role in your peer group? _____

6. Were there any significant events in your physical and sexual development? Explain.

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? _____

FAMILY CONSTELLATION: PARENTAL FIGURES AND RELATIONSHIPS

- Who do you most identify as your Father (*This person may not be your biological father*)? Explain: _____

- Who do you most identify as your Mother (*This person may not be your biological mother*)? Explain: _____

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

1. Father's current age _____ Mother's current age _____
2. His occupation _____ Her occupation _____
3. What kind of person is he? _____

What kind of person is she? _____

4. His ambitions for the children. _____

Her ambitions for the children. _____

5. Your childhood view of your father. _____

Your childhood view of your mother. _____

6. His favorite child, and why? _____

Her favorite child, and why? _____

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

1. What is your earliest single and specific memory? _____

What are some other early recollections? Be as detailed as possible. _____

What feelings are associated with any of these memories? _____

Can you recall any childhood dreams? _____

Do you have any recurring dreams? _____
