

ADLER GRADUATE SCHOOL

Lifestyle Assessment

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Client's Name	
Date	
Therapist	

I. Family Constellation

A. Members of your family of origin:

Name

Father		Mother	
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**B. Children (Include brothers and sisters and self, in order of birth. Also indicate miscarriages, stillborn, and deceased siblings.)
Insert Genogram below**

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Give childhood descriptions of each child, in birth order, including self

Name	Brief Description

C. Data on client as a child:

1	Who was most like you?	
	In what ways?	
2	Who was most different from you?	
	In what ways?	
3	Grade school information:	
	Attitude?	
	Favorite subject?	
	Least liked subject?	
	Social situation?	
	Teachers pet?	
4	Sports interests or skills?	
5	Childhood habits?	
6	When a child, who had health problems, physical or emotional?	
7*	As a child, did you feel that boys or girls had advantages over the other?	

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8*	If a female, were you a tomboy in childhood?						
9*	If male, did you personally think of yourself as a sissy?						
10	Childhood spiritual or religious experiences, if any?						
11	Did you, or any family member(s), experience any abuse (within or outside the family)?	Emotional		Physical		Sexual	
		Yes		Yes		Yes	
		No		No		No	
		If so: to whom?					
	By whom?						
	Elaborate?						
12	Who was most spoiled?						
	By whom?						
	How and for what reason?						
13	Who was most punished?						
	By whom?						
	How and for what reason?						
14	Who in the family needed to be right?						
15	Who in the family felt keen about fairness and unfairness?						
16	Your role in peer group? (leader, middler, follower, outsider)?						
17	Childhood talents or accomplishments?						
18	Your parent's method of disciplining?						

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D. Sibling Interrelationships:

1	Who took care of whom?	
2	Who played with whom?	
3	Who got along best with whom?	
4	Who fought and argued most?	
5	Who was helpful at home?	
6	Who made mischief?	

E. Description of your parents, as seen by you when you were a child:

	Father	Mother
Current age if living		
If deceased		
Age when client born		
Education		
Occupation		
Personality: traits admired, liked, disliked, feared		
What was most important to them?		
What behavior or attitude could win their praise?		
What made them angry?		
What ways did they influence you?		
What were their expectations of the children?		

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Description of your parents, as seen by you when you were a child: (continued)

	Father	Mother
Relationship with children?		
Which child was most like them?		
How?		
Who were you closest to?		
Were you distant from either?		
Why?		
In whom did you confide?		
To whom did you go for comfort and support?		
Why?		
As a child, what kind of relationship did they have?		
Who was dominant, made decisions, overt and covert?		
Did they agree on discipline and raising the children?		
Did they quarrel openly?		
About What?		
How did the quarrels end?		
How did your parents solve problems		
Other significant adults characteristics		

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Considering your answers to the above what did you learn about:

Yourself?	
What males are like?	
What females are like?	
What marriage is like?	
What parenting and family life is like?	

Childhood Attributes

Using the table on the next page, rate (not rank) you and your siblings from your perspective as a child. Rank only yourself and siblings who are within 5 years older or younger than yourself. Put the name of each child including yourself (in birth order) - in the box above the column. Rate those who are (H) High or (L) Low

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Achievement & Success	Intelligence							Successful							
	Grades							Helped at Home							
	Industrious							Looks							
	Stds. Achievement														
Special Characteristics	Tried to Please							Moody							
	Succeeded Pleasing							Used Others							
	Considerate							Sociable							
	Tried to be Good							Sought Attention							
	Selfish														
Right-Wrong	Obedient							Critical of Others							
	Openly Rebelled							Perfectionist							
	Covertly Rebelled							Tried to be Good							
	Stds. Right/Wrong							Mischievous							
	Critical of Self														
Interpersonal Tendencies	Assertive							Fighter-Scrappy							
	Bossy-Dominating							Shy							
	Demanded Way							Sulked/Pouted							
	Got Way							Stubborn							
	Sense of Humor							Sensitive							
	Temper							Pitied self							
	Competitive							Held Grudges							
Attitudes & Characteristics	Idealistic							Self Confident							
	Materialistic							Insecure							
	Loner							Neat							
	Persistent							Gave Up Easily							
	Excitement Seeker							Dependent							
	Daring							Independent							
	Complained							Easy Going							
	Responsible							Impulsive							
	Withdrawn							Cautious							
	Chip on Shoulder							Worrier							
	Punished							Self Esteem							
	Spoiled							Inferiority Flags							
Gender Characteristics	Pampered							Hid Feelings							
	Athletic														
	Masculine*														
	Feminine*														

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F. Additional adult figures who had a significant influence on your childhood

Who	Describe the relationship	How did it influence you?

II. Sexual and Physical Development

A. Sexual development:

1. When did you first notice your sexual development?

2. How did you feel about it?

3. Were you prepared for it?

4. If female - when did you first start menstruation? How did you feel about it?

Were you prepared for it?

Have you had any menstrual difficulties?

Have you had any prenatal or postnatal difficulties?

- *5. If a boy, were you told you should have been a girl?

- *6. If a girl, were you told you should have been a boy?

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7. Review all 7 starred (*) items for additional gender issues

 8. As an adult have you experienced any sexual problems?

 9. What is your sexual orientation: Heterosexual
 Homosexual Bi-sexual
- How do you feel about your orientation?

B. Physical Development:

1. Any childhood health problems?

If so, how were you treated by others?

2. How did you see your body image?

3. Did you have any disabilities?

III. Childhood Dreams:

IV. Childhood Fears:

V. What did you want to be when you grew up?:

VI. Current Aspirations:

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VII. Three Wishes at This Point in Time

1.

2.

3.

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VIII. Early Recollections

Instructions: On a separate sheet of paper collect three or more early recollections and for each incident collect feelings, reason for feelings, most vivid moment, feelings at that moment and reason for the feelings. Write down specific incidents or happenings, no matter how inconsequential it seems. Recall the earliest recollection you can, preferably before age 8. Most people can recall incidents around ages 4, 5, and 6; some earlier.

Summary Statements

Gather the following information to determine the goal and the behavior used to achieve the goal

Family Constellation

Family atmosphere, values, status, ethnicity, religion:

Parental relationship, modeling:

How physical and sexual development influence feelings about gender identity and sexual orientation:

Dream Analysis:

Childhood dreams

Adult dreams

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Early Recollections Analysis:

Interfering beliefs, attitudes and values:

Positive Qualities and Strengths:

What is the goal and what behavior is used to achieve it:

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**Early Recollection Sequential Analysis
Worksheet**

Self Concept: Who I am or think I am My ideas about myself What I do What I like My body image	Self Ideal: Shoulds or should nots Self esteem linked My hopes, aspirations, ambitions What I should be or do "Musts" in order to be significant to be somebody, to count	Environmental Ideas: Such is life Beliefs about people What the world is like Beliefs but not about myself	Ethical Convictions: Ethical and moral shoulds What is right & proper What is wrong & immoral My beliefs, not necessarily society's
ER #1			
ER #2			
ER #3			
ER #4			

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Page two of ER analysis

ER #5			
ER #6			
Additional space for ER's #1 to #6 analysis, if needed:			

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Extreme Mistaken Core Beliefs (always & never)

Self Concept	Self Ideal	Environmental Ideas (men, women, people & life)	Ethical Convictions (Values)

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HUNCH WORKSHEET

HUNCH:

RESPONSE TO HUNCH:

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