

NACS

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Lifestyle Questionnaire Inventory

DIRECTIONS:

Below is an example of a list of brother and sisters, starting with the oldest.

	<u>Sex</u>	<u>Age</u>
1. Older brother	M	28
2. Older sister	F	26
3. Me	M	25
4. Younger Brother	M	24
5. Younger Sister	F	21

Notice that the descending order is numbered beginning with 1 (older brother) and ending with 5 (younger sister). The numbers will be used to rate brothers and sisters on a particular item.

This is not a test. There are no “right” or “wrong” answers. Take as much time as you need. Answer as fairly as you are able. Answer every item with the above numbers. Your responses will be held in strictest confidence.

EXAMPLE:

Helping around the house

	5	4			1		3		2		
Least	-----										Most
	0	1	2	3	4	5	6	7	8	9	10

In this example, the older sister was most helpful. You did not help as much, but you were more helpful than your older brother, younger brother, and younger sister.

Turn to page 2. At the top of the page make a list of your brothers and sisters, starting with the oldest. Give their ages and sexes. Be sure to include yourself by indicating “Me” and what your age and sex is.

NOTE: WHEN ANSWERING THE FOLLOWING QUESTIONS, THINK OF YOURSELF AND YOUR FAMILY WHEN YOU WERE GROWING UP, ESPECIALLY BEFORE YOUR TEENAGE YEARS.

Part I. Now make your list, according to directions given on page 1.

<u>Name</u>	<u>Sex</u>	<u>Age</u>	<u>Name</u>	<u>Sex</u>	<u>Age</u>
1. _____	___	___	4. _____	___	___
2. _____	___	___	5. _____	___	___
3. _____	___	___	6. _____	___	___

Using the birth order number above (1, 2, 3, etc. rank each family member on the traits listed below:

Intelligence

Least ----- Most
 0 1 2 3 4 5 6 7 8 9 10

Grades in elementary school

Least ----- Most
 0 1 2 3 4 5 6 7 8 9 10

Industrious

Least ----- Most
 0 1 2 3 4 5 6 7 8 9 10

Critical of others

Least ----- Most
 0 1 2 3 4 5 6 7 8 9 10

Critical of self

Least ----- Most
 0 1 2 3 4 5 6 7 8 9 10

Standards of accomplishment

Least ----- Most
 0 1 2 3 4 5 6 7 8 9 10

Lived up to standards

Least ----- Most
0 1 2 3 4 5 6 7 8 9 10

Helpful at home

Least ----- Most
0 1 2 3 4 5 6 7 8 9 10

Friends

Least ----- Most
0 1 2 3 4 5 6 7 8 9 10

Felt sorry for self

Least ----- Most
0 1 2 3 4 5 6 7 8 9 10

Athletic

Least ----- Most
0 1 2 3 4 5 6 7 8 9 10

Physical looks (appearance)

Least ----- Most
0 1 2 3 4 5 6 7 8 9 10

Feminine

Least ----- Most
0 1 2 3 4 5 6 7 8 9 10

Masculine

Least ----- Most
0 1 2 3 4 5 6 7 8 9 10

Idealistic

Least ----- Most
0 1 2 3 4 5 6 7 8 9 10

Materialistic

Least ----- Most
0 1 2 3 4 5 6 7 8 9 10

Sensitive and easily hurt

Least ----- Most
0 1 2 3 4 5 6 7 8 9 10

Standards of right and wrong

Least ----- Most
0 1 2 3 4 5 6 7 8 9 10

Conforming

Least ----- Most
0 1 2 3 4 5 6 7 8 9 10

Made mischief

Least ----- Most
0 1 2 3 4 5 6 7 8 9 10

Covertly (secretly) rebellious

Least ----- Most
0 1 2 3 4 5 6 7 8 9 10

Complained at home

Least ----- Most
0 1 2 3 4 5 6 7 8 9 10

Spoiled

Least ----- Most
0 1 2 3 4 5 6 7 8 9 10

Over-protected

Least ----- Most
0 1 2 3 4 5 6 7 8 9 10

10. What grade school subjects did you like least?

11. What were your childhood fears?

12. What were your childhood ambitions?

13. What was your favorite story or fairy tale when you were growing up?

14. What was your family's position in the community? Middle class, working class, socially prominent, etc.?

15. What were the most important family values?

16. Which child was father's favorite? Why?

17. Which child was mother's favorite? Why?

18. What kind of person was your father?

19. What were his ambitions for the children?

20. What was his relationship to the children?

21. What sibling was most like your father and in what ways?

22. What kind of person was your mother?

23. What were her ambitions for the children?

24. What was her relationship to the children?

25. What sibling was most like mother and in what ways?

26. Who were you most like...mother or father? (If not already answered above). In what ways?

Part III. Description.

Here and on the back of the page, write a description of yourself, including strengths, weaknesses, situations you find most comfortable and most difficult, etc.

Part IV. Earliest Recollections

DIRECTIONS: Think back as far as you can to the first thing you can remember...something that happened when you were very young (it should be before you were seven or eight years old). It can be anything at all- good or bad, important or unimportant- but it should be something you can describe as a one-time incident (something that happened only once), and it should be something you can remember very clearly or picture in your mind like scene.

Write about an incident or something that happened to you. Make sure that it is something you can picture, something specific, and something where you can remember a single time it happened. Try to remember how you felt at the time or what reaction you had to what was going on. Write down that reaction or feeling. Explain why you felt that way or had that reaction. Which part of the memory stands out most clearly from the rest? For instance, if you had a snapshot of the memory it would be the very instant that is most vivid and clear in your mind. How did you feel (what was your reaction) at that instant? Be sure you include any other people who are in the memory and what the situation was in terms of time and place.

Write about at least three early recollections. Use the back of this page if necessary.