

1. In the home where I grew up we did things as a family.
2. We hugged each other in the home where I grew up.
3. We went to religious services together in my home.
4. We took trips together in my home.
5. In my home we ate together as a family.
6. In my home, we watched TV together as a family.
7. My mother helped me with my homework.
8. My father helped me with my homework.
9. We talked together as a family.
10. I liked the home where I grew up.
11. There always seemed to be turmoil in the home where I grew up.
12. The home where I grew up gave me self-confidence.
13. I felt guilty in the home where I grew up.
14. I disliked my father.
15. I disliked my mother.
16. I have serious problems with at least one of my brothers or sisters.
17. The home where I grew up was emotionally cold.
18. I was allowed to have my own opinion in the home.
19. I was encouraged to be an individual in my family.
20. In the home where I grew up, I had adult responsibilities as a child.
  
21. My mother and I were in charge in the home where I grew up.
22. My father and I were in charge in the home where I grew up.
23. My mother was the only one in charge of the home where I grew up.
24. My father was the only one in charge of the home where I grew up.
25. I was involved in a single parent home before I was 13 years old.
26. I had a step-parent growing up.
27. When there was a problem in my home it got "solved" by yelling and screaming.
28. There was a lot of emotion involved in solving problems in my home.
29. When there was a problem in my home, we fought to "solve" it.
30. People "got hurt" when we tried to solve problems in my home.
31. We resolved problems together as a family.
32. When there was a problem in the home, it seems that one person always resolved the problem.
33. Problems in the home scared me.
34. I felt physically ill when there is a problem in the home that needed to be discussed.
35. The police were called because of fighting and arguing in our home.
36. Problems in the home usually got solved in a reasonable period of time.
37. We fought over religious issues in our home.

38. My parents didn't have the same religious views.
39. There was tension in my home over religious issues.
40. Religious practice was forced on people in my home.
  
41. I didn't feel free to develop my own religious understandings during my teenage years.
42. Religion was not an important issue in our home.
43. I felt oppressed by the religious rules of our home.
44. Growing up, my dad wasn't around much.
45. Growing up, my dad didn't participate in our family.
46. My dad was not responsible.
47. My dad used drugs while I was growing up.
48. My dad drank alcohol while I was growing up.
49. My dad is an alcoholic.
50. My dad has been committed to an alcoholic rehab program.
51. My dad was arrested for driving while he was drunk.
52. My dad lost a job because of alcohol or drug use.
53. My dad was arrested for possession of drugs.
54. My dad has spent time in jail.
55. Growing up, my mom wasn't around much.
56. Growing up, my mom didn't participate in our family.
57. My mom was not responsible.
58. My mom used drugs while I was growing up.
59. My mom drank alcohol while I was growing up.
60. My mom is an alcoholic.
  
61. My mom has been committed to an alcoholic rehab program.
62. My mom was arrested for driving while she was drunk.
63. My mom lost a job because of alcohol or drug use.
64. My mom was arrested for possession of drugs.
65. My mom has spent time in jail.
66. It seemed that my mother and father were "against" each other.
67. My parents got divorced during my childhood.
68. My parents had a legal separation during my childhood.
69. My father had an affair.
70. My mother had an affair.
71. My parents were in marriage counseling.
72. My parents ignored each other's feelings.
73. My parents ridiculed and insulted each other.
74. My parents were critical of each other.
75. My parents humiliated each other in public.
76. My parents called each other names.
77. After my parents argued, I felt it was my fault.
78. One or both of my parents threw things or punched things.
79. One or both of my parents pushed, shoved, grabbed, or threw things at the other parent.

80. One or both of my parents slapped the other with an open hand.
81. One or both of my parents kicked or bit the other parent.
82. One or both of my parents hit the other with a closed fist.
83. One or both of my parents choked the other parent.
84. One or both of my parents beat the other parent up (with repeated punches).
85. One or both of my parents threatened the other parent with some type of weapon.
86. One or both of my parents used or attempted to use a weapon toward the other parent.
87. One or both of my parents threatened to hurt the other parent.
88. One or both of my parents was scared by the other's anger.
89. One or both of my parents committed incidents of significant violence.
90. One of my siblings used drugs during their teenage years.
91. One of my siblings was arrested for drug possession or drug use as a teenager.
92. One of my siblings dropped out of school.
93. One of my siblings drank alcohol as a teenager.
94. One of my siblings got into trouble for drinking as a teenager.
95. One of my siblings was committed to a drug or alcohol rehab program as a teenager.
96. One of my siblings committed a crime as a teenager.
97. One of my siblings was in counseling as a teenager.
98. One of my siblings did poorly in school.
99. One of my siblings was in trouble in school.
100. One of my siblings was removed from our home and lived with someone else during their teenage years.
101. One of my siblings ran away from home.
102. One of my siblings got pregnant or got someone pregnant as a teenager.
103. One of my siblings had an abortion or their girlfriend had an abortion.
104. One of my siblings was a mother or father as a teenager.
105. One of my siblings was arrested for committing a crime as a teenager.
106. One of my siblings sold drugs or alcohol as a teenager.
107. One or both of my parents ignored the feelings of at least one of my siblings.
108. One or both of my parents ridiculed and insulted at least one of my siblings.
109. One or both of my parents was critical of at least one of my siblings.
110. One or both of my parents humiliated at least one of my siblings in public.
111. One or both of my parents called at least one of my siblings names.
112. After one or both of my parents argued with one of my siblings, my sibling felt that it was their fault.
113. One or both of my parents threw things or punched things.
114. One or both of my parents pushed, shoved, grabbed, or threw things at one of my siblings.
115. One or both of my parents slapped at least one of my siblings with their open hand.
116. One or both of my parents kicked or bit at least one of my siblings.
117. One or both of my parents hit at least one of my siblings with a closed fist.
118. One or both of my parents choked at least one of my siblings.
119. One or both of my parents beat up at least one of my siblings (with repeated punches).

120. One or both of my parents threatened at least one of my siblings with some type of weapon.

121. One or both of my parents used or attempted to use a weapon toward at least one of my siblings.

122. One or both of my parents threatened to hurt at least one of my siblings.

123. One or both of my parents' anger scared at least one of my siblings.

124. One or both of my parents committed incidents of significant violence.

125. My mother touched at least one of my siblings sexually.

126. My father touched at least one of my siblings sexually.

127. One of my siblings touched at least one other sibling sexually.

128. My step-parent touched at least one of my siblings sexually.

129. My mother attacked at least one of my siblings sexually.

130. My father attacked at least one of my siblings sexually.

131. One of my siblings attacked another sibling sexually.

132. My step-parent attacked at least one of my siblings sexually.

133. My father treated at least one of my siblings as a sex object.

134. My mother treated at least one of my siblings as a sex object.

135. One of my siblings treated another sibling as a sex object.

136. My step-parent treated at least one of my siblings as a sex object.

137. My mother tried to have a sexual relationship with at least one of my siblings but they did not allow it.

138. My father tried to have a sexual relationship with at least one of my siblings but they did not allow it.

139. One of my siblings tried to have a sexual relationship with another sibling but they did not allow it.

140. My step-parent tried to have a sexual relationship with at least one of my siblings but they did not allow it.

141. My mother had intercourse with at least one of my siblings.

142. My father had intercourse with at least one of my siblings.

143. At least one of my siblings had intercourse with another sibling.

144. My step-parent had intercourse with at least one of my siblings.

145. A relative had some type of sexual contact with at least one of my siblings during childhood.

146. Someone who was not a relative had some type of sexual contact with at least one of my siblings during childhood.

147. I used drugs during my teenage years.

148. I was arrested for drug possession or drug use as a teenager.

149. I dropped out of school.

150. I drank alcohol as a teenager.

151. I got into trouble for drinking as a teenager.

152. I was committed to a drug or alcohol rehab program as a teenager.

153. I committed a crime as a teenager.

154. I was in counseling as a teenager.

155. I did poorly in school.

156. I was in trouble in school.
157. I was removed from my home and lived with someone else during my teenage years.
158. I ran away from home.
159. I got pregnant or got someone pregnant as a teenager.
160. I had an abortion or my girlfriend had an abortion as a teenager.
  
161. I was a mother or father as a teenager.
162. I was arrested for committing a crime as a teenager.
163. I sold drugs or alcohol as a teenager.
164. One or both of my parents ignored my feelings.
165. One or both of my parents ridiculed me and insulted me.
166. One or both of my parents was critical of me.
167. One or both of my parents humiliated me in public.
168. One or both of my parents called me names.
169. After I had an argument with one or both of my parents, I felt it was my fault.
170. One or both of my parents threw things or punched things.
171. One or both of my parents pushed, shoved, grabbed, or threw things at me.
172. One or both of my parents slapped me with their open hand.
173. One or both of my parents kicked or bit me.
174. One or both of my parents hit me with a closed fist.
175. One or both of my parents choked me.
176. One or both of my parents beat me up (with repeated punches).
177. One or both of my parents threatened me with some type of weapon.
178. One or both of my parents used or attempted to use a weapon toward me.
179. One or both of my parents threatened to hurt me.
180. One or both of my parents' anger scared me.
  
181. One or both of my parents committed incidents of significant violence.
182. My mother touched me sexually.
183. My father touched me sexually.
184. One of my siblings touched me sexually.
185. My step-parent touched me sexually.
186. My mother attacked me sexually.
187. My father attacked me sexually.
188. One of my siblings attacked me sexually.
189. My step-parent attacked me sexually.
190. My father treated me as a sex object.
191. My mother treated me as a sex object.
192. One of my siblings treated me as a sex object.
193. My step-parent treated me as a sex object.
194. My mother tried to have a sexual relationship with me but I did not allow it.
195. My father tried to have a sexual relationship with me but I did not allow it.
196. One of my siblings tried to have a sexual relationship with me but I did not allow it.
197. My step-parent tried to have a sexual relationship with me but I did not allow it.
198. My mother had intercourse with me.
199. My father had intercourse with me.

200. At least one of my siblings had intercourse with one of me.

201. Mt step-parent had intercourse with me.

202. A relative had some type of sexual contact with me during childhood.

203. Someone who was not a relative had some type of sexual contact with me during my childhood.

## Foundations Assessment Answer Sheet

Name \_\_\_\_\_ Date \_\_\_\_\_

Respond to each statement on the *Foundations Assessment* by coloring the circle under the answer choice that most accurately describes issues in the home in which you grew up. Use one of these three choices:

- #1 = TRUE or YES
- #2 SOMETIMES TRUE AND SOMETIMES FALSE
- #3 FALSE or NO

Do not choose #2 if there is no circle there to color corresponding to the question number.

*#1 #2 #3	#1 #2 #3	#1 #2 #3
1 O---O---O	31 O---O---O	61 O-----O
2 O---O---O	32 O---O---O	62 O-----O
3 O---O---O	33 O---O---O	63 O-----O
4 O---O---O	34 O---O---O	64 O-----O
5 O---O---O	35 O-----O	65 O-----O
6 O---O---O	36 O---O---O	66 O---O---O
7 O---O---O	37 O---O---O	67 O-----O
8 O---O---O	38 O---O---O	68 O-----O
9 O---O---O	39 O---O---O	69 O-----O
10 O---O---O	40 O---O---O	70 O-----O
11 O---O---O	41 O---O---O	71 O-----O
12 O---O---O	42 O---O---O	72 O---O---O
13 O---O---O	43 O---O---O	73 O---O---O
14 O---O---O	44 O---O---O	74 O---O---O
15 O---O---O	45 O---O---O	75 O---O---O
16 O---O---O	46 O---O---O	76 O---O---O
17 O---O---O	47 O-----O	77 O---O---O
18 O---O---O	48 O---O---O	78 O-----O
19 O---O---O	49 O-----O	79 O-----O
20 O-----O	50 O-----O	80 O-----O
21 O---O---O	51 O-----O	81 O-----O
22 O---O---O	52 O-----O	82 O-----O
23 O---O---O	53 O-----O	83 O-----O
24 O---O---O	54 O-----O	84 O-----O
25 O-----O	55 O---O---O	85 O-----O
26 O-----O	56 O---O---O	86 O-----O
27 O---O---O	57 O---O---O	87 O-----O
28 O---O---O	58 O-----O	88 O-----O
29 O---O---O	59 O---O---O	89 O-----O
30 O---O---O	60 O-----O	90 O-----O

*	#1	#2	#3		#1	#2	#3		#1	#2	#3	
91	O	-----	O		131	O	-----	O	171	O	-----	O
92	O	-----	O		132	O	-----	O	172	O	-----	O
93	O	-----	O		133	O	-----	O	173	O	-----	O
94	O	-----	O		134	O	-----	O	174	O	-----	O
95	O	-----	O		135	O	-----	O	175	O	-----	O
96	O	-----	O		136	O	-----	O	176	O	-----	O
97	O	-----	O		137	O	-----	O	177	O	-----	O
98	O	-----	O		138	O	-----	O	178	O	-----	O
99	O	-----	O		139	O	-----	O	179	O	-----	O
100	O	-----	O		140	O	-----	O	180	O	-----	O
101	O	-----	O		141	O	-----	O	181	O	-----	O
102	O	-----	O		142	O	-----	O	182	O	-----	O
103	O	-----	O		143	O	-----	O	183	O	-----	O
104	O	-----	O		144	O	-----	O	184	O	-----	O
105	O	-----	O		145	O	-----	O	185	O	-----	O
106	O	-----	O		146	O	-----	O	186	O	-----	O
107	O	---O	---O		147	O	-----	O	187	O	-----	O
108	O	---O	---O		148	O	-----	O	188	O	-----	O
109	O	---O	---O		149	O	-----	O	189	O	-----	O
110	O	---O	---O		150	O	-----	O	190	O	-----	O
111	O	---O	---O		151	O	-----	O	191	O	-----	O
112	O	---O	---O		152	O	-----	O	192	O	-----	O
113	O	-----	O		153	O	-----	O	193	O	-----	O
114	O	-----	O		154	O	-----	O	194	O	-----	O
115	O	-----	O		155	O	-----	O	195	O	-----	O
116	O	-----	O		156	O	-----	O	196	O	-----	O
117	O	-----	O		157	O	-----	O	197	O	-----	O
118	O	-----	O		158	O	-----	O	198	O	-----	O
119	O	-----	O		159	O	-----	O	199	O	-----	O
120	O	-----	O		160	O	-----	O	200	O	-----	O
121	O	-----	O		161	O	-----	O	201	O	-----	O
122	O	-----	O		162	O	-----	O	202	O	-----	O
123	O	-----	O		163	O	-----	O	203	O	-----	O
124	O	-----	O		164	O	---O	---O				
125	O	-----	O		165	O	---O	---O				
126	O	-----	O		166	O	---O	---O				
127	O	-----	O		167	O	---O	---O				
128	O	-----	O		168	O	---O	---O				
129	O	-----	O		169	O	---O	---O				
130	O	-----	O		170	O	-----	O				