

Developmental and Relational Trauma Assessment

Location and Home Stability

1. When and where were you born? _____
What town and state did you grow up in? _____ How many years did you spend there? _____ If you moved, where did you move to? _____

- Did you move often in your childhood? If so, how many times in 18 years? _____

The Family Configuration

2. Identify your major caregivers - parents

Names	Relationship	Nationality/ Ethnicity
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

3. List the birth order of the children in your family. Use a noun or adjective to describe each person. **Include yourself and deceased siblings.** (Indicate if a sibling is deceased)

Sibling	Age	Descriptive noun or adjective
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Number of children in your family: _____

Your rank in birth order: _____

If you were adopted, at what age were you adopted? _____

4. List other adults (family, teachers, mentors, coaches) who were involved in your childhood. Use a noun or adjective to describe each person.

Adult/Relationship	Description
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Overview of Parental Information

5. Is your mother living? Yes _____ No _____

If your mother is deceased, how old were you at the time of her death? _____

If the person you are identifying as your mother is not your biological mother, identify your relationship to her. _____

6. Is your father living? Yes _____ No _____

If your father is deceased, how old were you at the time of his death? _____

If the person you are identifying as your father is not your biological father, identify your relationship to him. _____

7. If your parents were living during your childhood, were they separated _____ divorced _____ living together _____

If they were separated or divorced, at what age were you when they separated _____ divorced _____

8. Did your parents re-marry? If so, when and who did you live with? _____

If your parents are living, what is their current marital status? _____

9. What were/are the educational levels and occupations of your parents?

Mother: Education: _____

Occupation(s): _____
(if you mother stayed at home, then worked, how old were you?)

Father: Education: _____

Occupation(s): _____
(if you father stayed at home, then worked, how old were you?)

Religion/Spirituality Practice

10. Do you have and practice a spiritual faith? (If no, skip to questions whether parents/caregivers did) What does that mean to you?

11. If faith is important in your life, at what age did it become so? _____ Why?

What did faith/spirituality mean in your mother's (or caregiver's) life? _____

12. What did faith/spirituality mean in your father's (or caregiver's) life? _____

13. How do you see their faith/spirituality or lack of it impacting your childhood?

14. How do you see their faith/spirituality or lack of it impacting you today?

Birth and Parents Early Relationship

15. Describe the physical, financial, and emotional situation of your parents at the time of your birth or adoption.

16. Describe the relationship that existed between your mother and father at the time of your birth or adoption.

17. Describe how your mother felt at the time of your birth or adoption.

18. Describe how your father felt at the time of your birth or adoption.

19. Describe the relationship that existed between your mother and father during your childhood. (Close your eyes and imagine watching them at age 10yrs, (how are they interacting?))

Childhood Memories and Your Relationship with Parents

Childhood Memories of Your Mother

20. Before answering, close your eyes and imagine yourself as a child being in the physical presence of your **mother** and now by looking back on her then, describe her with what you know today.

List nouns and adjectives to describe your mother:

Positive		Negative	
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Are you aware of any addictions your mother might have had? _____

21. Describe the happiest memories with your mother.

_____ How old were you? _____

22. Describe a time or times in your life that you felt “invisible” with your mother.

_____ How old were you? _____

23. Describe the **three** worst times you remember with your **Mother**. What was your **Age** at the time and what **Emotions** did you have **then and now**?

1) Age: _____ Then: _____ Now: _____

2) Age: _____ Then: _____ Now: _____

3) Age: _____ Then: _____ Now: _____

24. What did you want from your mother that you never received, or she never did for you?

25. As a child, what did you do to get approval from your mother?

Childhood Memories of Your Father

26. Before answering, close your eyes and imagine yourself as a child being in the physical presence of your **father** and now by looking back on him then, describe him with what you know today.

List nouns and adjectives to describe your father:

Positive		Negative	
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Are you aware of any addictions your father might have had? _____

27. Describe the happiest memories with your father.

_____ How old were you? _____

28. Describe a time or times in your life that you felt “invisible” with your father.

_____ How old were you? _____

29. Describe the **three** worst times you remember with your **Father**. What was your **Age** at the time and what **emotions** did you have **then and now**?

1) Age: _____ Then: _____ Now: _____

2) Age: _____ Then: _____ Now: _____

3) Age: _____ Then: _____ Now: _____

30. What did you want from your father that you never received, or he never did for you?

31. As a child, what did you do to get approval from your father?

Your Childhood Experience

32. Describe the three worst memories in your childhood and the persons who traumatized you. What was your **age** at the time and what **emotions** did you have **then and now**?

1) Age: _____ Then: _____ Now: _____

2) Age: _____ Then: _____ Now: _____

3) Age: _____ Then: _____ Now: _____

33. Describe your earliest memory. What was your age at the time? _____

34. Did you have any severe or chronic childhood/adolescent illnesses or medical conditions?

35. How did you learn about sexuality growing up?

36. What is your sexual orientation? When did you discover this?

37. Describe yourself as a child? From the ages of 5-11 years of age.

38. Describe yourself as a child? From the ages of 11-18 years of age.

39. Describe feelings you had as a child. These may include feelings such as being sad, mad, glad, or scared or feeling of shame, guilt, empty, and/or lonely.

40. Identify the people in your life that you felt close to, why?

41. Identify the places or animals you felt safe with in your childhood, why?

42. As a child, was it easy or difficult to make friends? Why?

43. As a child, did you have nicknames? Yes _____ No _____

If you had nicknames, what were your nicknames and who gave them to you? How did you feel about them?

Current Relationship with Major Caregivers

44. Describe the relationship you have with your mother today.

45. Describe the relationship you have with your father today.

46. If you had other major caregivers, identify the major caregiver (s) and describe your current relationship (s) today.

Looking Back

47. If your parents could listen to you today, what would you want to talk to them about? What would you want them to understand about your life growing up? What did you want from them in your childhood? What would you want from them now?
