

# ADLERIAN LIFESTYLE QUESTIONNAIRE

## FAMILY CONSTELLATION: BIRTH ORDER AND SIBLING DESCRIPTION

1. List the siblings from oldest to youngest. Give a brief description 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 relationship to your siblings.

Most to Least Most to Least

Intelligent _____	Feminine _____
Achievement-oriented _____	Masculine _____
Hardworking _____	Easygoing _____
Pleasing _____	Daring _____
Assertive _____	Responsible _____
Charming _____	Idealistic _____
Conforming _____	Materialistic _____
Methodical _____	Fun-loving _____
Athletic _____	Demanding _____
Rebellious _____	Critical of self _____
Spoiled _____	Withdrawn _____
Critical of others _____	Sensitive _____
Bossy _____	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. Your father's current age. \_\_\_\_\_ Mother's 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 early memories?
- Can you recall any childhood dreams?
- Do you have any recurring dreams?

# LIFESTYLE

## SUMMARY

1. Give a summary of your family constellation. What stands out most about your role in your family? Are there any themes in your family history?
2. Summarize your early recollections. Are there any themes running through your early memories? Do you see any meaning in your early recollections?
3. List your mistaken self-defeating perceptions. What do you see as your "basic mistakes"?
4. Summarize what you consider to be your strengths as a person. (What are your assets?).

*Now that you are finished with this lifestyle questionnaire:*

- What did you learn from taking it and reviewing it?
- Assuming you will be a client in counseling, what theme(s) would you want to address?
- Do you see connections between your past and the person you are today? What about any continuity from your past and present to your strivings toward the future?
- Do you see any patterns in your life? Are there any themes running through from childhood to the present?

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