

Couples Therapy BluePrint
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Family Relationship Developmental Interview

Date _____ Client Name _____

1 Please describe your childhood (Give specific memories)

2 What kind of baby were you? What are family stories about you as a baby?

3 What are five adjectives that would describe your mom?

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- *
- *
- *
- *

4 What are five adjectives that would describe your dad?

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- *
- *

5 What are five adjectives that would describe your partner/spouse?

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- *

6 Who did you bond with as a child?

7 Did you have a troubling relationship as a child?

8 What would happen when you were sick or hurt?

9 Describe your parents relationship:

10 Describe your current relationship with your partner/spouse?

11 Describe your relationship with your:

Mom:

Dad:

12 Describe specific memories of the following developmental milestones:

*Tantrums _____

*Toilet training _____

*Eating _____

*Peer relationships _____

*Sleeping _____

*Trauma/Abuse _____

13 Is there anything else we need to know?