



YPI Questionnaire

Name:

Date:

INSTRUCTIONS:

Listed below are statements that you might use to describe your parents. Please read each statement and decide how well it describes your parents. Choose the highest rating from 1 to 6 that describes your Mother, then your Father, when you were a child and write the number in the spaces before each statement. If someone substituted as your Mother or Father, please rate the scale for that person. If you did not have a mother or a father, leave the appropriate column blank.

RATING SCALE:

1 = Completely untrue

2 = Mostly untrue

3 = Slightly more true than untrue

4 = Moderately true

5 = Mostly true

6 = Describes him/her perfectly

MOTHER	FATHER	DESCRIPTION
		Loved me, treated me as someone special.
		Spent time with and paid attention to me.
		Gave me helpful guidance and direction.
		Listened to me, understood me, shared feelings with me.
		Was warm and physically affectionate. *ed
		Died or left the house permanently when I was a child.
		Was moody, unpredictable, or an alcoholic.
		Preferred my brother(s) or sister(s) to me.
		Withdrew or left me alone for extended periods. *ab
		Lied to me, deceived me, or betrayed me.



MOTHER**FATHER****DESCRIPTION**

Abused me physically, emotionally, or sexually.

Used me to satisfy his/her needs.

Seemed to get pleasure from hurting people. *ma

Worried excessively that I would get hurt.

Worried excessively that I would get sick.

Was a fearful or phobic person.

Overprotected me. *vh

Made me feel I couldn't rely on my decisions or judgment.

Did too many things for me instead of letting me do things on my own.

Treated me as if I were younger than I really was. *di

Criticized me a lot.

Made me feel unloved or rejected.

Treated me as if there was something wrong with me.

Made me feel ashamed of myself in important respects. *ds

Never taught me the discipline necessary to succeed in school.

Treated me as if I was stupid or untalented.

Didn't really want me to succeed.

Expected me to be a failure in life. *fa

Treated me as if my opinions or desires didn't count.

Did what he/she wanted, regardless of my needs.

Controlled my life so that I had little freedom of choice.

Everything had to be on his/her terms. *sb

Sacrificed his/her own needs for the sake of the family.

Was unable to handle many daily responsibilities, so I had to do more than my share.



MOTHER

FATHER

DESCRIPTION

Was unhappy a lot and relied on me for support and understanding.

Made me feel that I was strong, and should take care of other people. *ss

Had very high expectations for him/herself.

Expected me to do my best at all times.

Was a perfectionist in many areas; things had to be "just so".

Made me feel that almost nothing I did was quite good enough.

Had strict, rigid rules of right and wrong.

Became impatient if things weren't done properly or quickly enough.

Placed more importance on doing things well than on having fun or relaxing. *us

Spoiled me, or was overindulgent, in many respects.

Made me feel I was special, better than most other people.

Was demanding; expected to get things his/her way.

Didn't teach me that I had responsibilities to other people. *et

Provided very little discipline or structure for me.

Set few rules or responsibilities for me.

Allowed me to get very angry or lose control.

Was an undisciplined person. *is

We were so close that we understood each other almost perfectly.

I felt that I didn't have enough individuality or sense of self separate from him/her.

I felt that I didn't have my own sense of direction while I was growing up because he/she was such a strong person.

I felt that we would hurt each other if either of us went away from the other. *em

Worried a lot about the family's financial problems.

Made me feel that If I made even a small mistake, something bad might happen.

Had a pessimistic outlook; often expected the worst outcome.



MOTHER**FATHER****DESCRIPTION**

Focused on the negative aspects of life or things going wrong. *np

Had to have everything under control.

Was uncomfortable expressing affection or vulnerability.

Was structured and organized; preferred the familiar over change.

Rarely expressed anger.

Was private; rarely discussed his/her feelings.*ei

Would become angry or harshly critical when I did something wrong.

Would punish me when I did something wrong.

Would call me names (like "stupid" or "idiot") when I made mistakes.

Blamed people when things went wrong. *pu

Was concerned with social status and appearance.

Placed strong emphasis on success and competition.

Was concerned with how my behavior would reflect on him/her in the eyes of others.

Seemed to love me more or pay more attention to me when I excelled. *as

