YPI -1

Developed by

Jeffrey Young, Ph.D.

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.

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| --- | --- |
| 1 = Completely untrue | 4 = Moderately true |
| 2 = Mostly untrue | 5 = Mostly true |
| 3 = Slightly more true than untrue | 6 = Describes him/her perfectly |

| **MOTHER** | **FATHER** | **DESCRIPTION** |
| --- | --- | --- |
| **\_\_\_\_\_\_\_** | **\_\_\_\_\_\_\_** | 1. Loved me, treated me as someone special.
 |
| **\_\_\_\_\_\_\_** | **\_\_\_\_\_\_\_** | 1. Spent time with and paid attention to me.
 |
| **\_\_\_\_\_\_\_** | **\_\_\_\_\_\_\_** | 1. Gave me helpful guidance and direction
 |
| **\_\_\_\_\_\_\_** | **\_\_\_\_\_\_\_** | 1. Listened to me, understood me, shared feelings with me.
 |
| **\_\_\_\_\_\_\_** | **\_\_\_\_\_\_\_** | 1. Was warm and physically affectionate. \*ed
 |
| **\_\_\_\_\_\_\_** | **\_\_\_\_\_\_\_** | 1. Died or left the house permanently when I was a child.
 |
| **\_\_\_\_\_\_\_** | **\_\_\_\_\_\_\_** | 1. Was moody, unpredictable, or an alcoholic.
 |
| **\_\_\_\_\_\_\_** | **\_\_\_\_\_\_\_** | 1. Preferred my brother(s) or sister(s) to me.
 |
| **\_\_\_\_\_\_\_** | **\_\_\_\_\_\_\_** | 1. Withdrew or left me alone for extended periods. \*ab
 |
| **\_\_\_\_\_\_\_** | **\_\_\_\_\_\_\_** | 1. Lied to me, deceived me, or betrayed me.
 |
| **\_\_\_\_\_\_\_** | **\_\_\_\_\_\_\_** | 1. Abused me physically, emotionally, or sexually.
 |
| **\_\_\_\_\_\_\_** | **\_\_\_\_\_\_\_** | 1. Used me to satisfy his/her needs.
 |
| **\_\_\_\_\_\_\_** | **\_\_\_\_\_\_\_** | 1. Seemed to get pleasure from hurting people. \* ma
 |
| **\_\_\_\_\_\_\_** | **\_\_\_\_\_\_\_** | 1. Worried excessively that I would get hurt.
 |
| **\_\_\_\_\_\_\_** | **\_\_\_\_\_\_\_** | 1. Worried excessively that I would get sick.
 |
| **\_\_\_\_\_\_\_** | **\_\_\_\_\_\_\_** | 1. Was a fearful or phobic person.
 |
| **\_\_\_\_\_\_\_** | **\_\_\_\_\_\_\_** | 1. Overprotected me. \* vh
 |
| **\_\_\_\_\_\_\_** | **\_\_\_\_\_\_\_** | 1. Made me feel I couldn’t rely on my decisions or judgment.
 |
| **\_\_\_\_\_\_\_** | **\_\_\_\_\_\_\_** | 1. Did too many things for me instead of letting me do things on my own.
 |
| **\_\_\_\_\_\_\_** | **\_\_\_\_\_\_\_** | 1. Treated me as if I were younger than I really was. \* di
 |
| **\_\_\_\_\_\_\_** | **\_\_\_\_\_\_\_** | 1. Criticized me a lot.
 |
| **\_\_\_\_\_\_\_** | **\_\_\_\_\_\_\_** | 1. Made me feel unloved or rejected.
 |
| **\_\_\_\_\_\_\_** | **\_\_\_\_\_\_\_** | 1. Treated me as if there was something wrong with me.
 |
| **\_\_\_\_\_\_\_** | **\_\_\_\_\_\_\_** | 1. Made me feel ashamed of myself in important respects. \* ds
 |
| **\_\_\_\_\_\_\_** | **\_\_\_\_\_\_\_** | 1. Never taught me the discipline necessary to succeed in school.
 |
| **\_\_\_\_\_\_\_** | **\_\_\_\_\_\_\_** | 1. Treated me as if I was stupid or untalented.
 |
| **\_\_\_\_\_\_\_** | **\_\_\_\_\_\_\_** | 1. Didn’t really want me to succeed.
 |
| **\_\_\_\_\_\_\_** | **\_\_\_\_\_\_\_** | 1. Expected me to be a failure in life. \* fa
 |
| **\_\_\_\_\_\_\_** | **\_\_\_\_\_\_\_** | 1. Treated me as if my opinions or desires didn’t count.
 |
| **\_\_\_\_\_\_\_** | **\_\_\_\_\_\_\_** | 1. Did what he/she wanted, regardless of my needs.
 |
| **\_\_\_\_\_\_\_** | **\_\_\_\_\_\_\_** | 1. Controlled my life so that I had little freedom of choice.
 |
| **\_\_\_\_\_\_\_** | **\_\_\_\_\_\_\_** | 1. Everything had to be on his/her terms. \* sb
 |
| **\_\_\_\_\_\_\_** | **\_\_\_\_\_\_\_** | 1. Sacrificed his/her own needs for the sake of the family.
 |
| **\_\_\_\_\_\_\_** | **\_\_\_\_\_\_\_** | 1. Was unable to handle many daily responsibilities, so I had to do more than my share.
 |
| **\_\_\_\_\_\_\_** | **\_\_\_\_\_\_\_** | 1. Was unhappy a lot and relied on my for support and understanding.
 |
| **\_\_\_\_\_\_\_** | **\_\_\_\_\_\_\_** | 1. Made me feel that I was strong, and should take care of other people. \*ss
 |
| **\_\_\_\_\_\_\_** | **\_\_\_\_\_\_\_** | 1. Had very high expectations for him/herself.
 |
| **\_\_\_\_\_\_\_** | **\_\_\_\_\_\_\_** | 1. Expected me to do my best at all times.
 |
| **\_\_\_\_\_\_\_** | **\_\_\_\_\_\_\_** | 1. Was a perfectionist in many areas; things had to be “just so.”
 |
| **\_\_\_\_\_\_\_** | **\_\_\_\_\_\_\_** | 1. Made me feel that almost nothing I did was quite good enough.
 |
| **\_\_\_\_\_\_\_** | **\_\_\_\_\_\_\_** | 1. Had strict, rigid rules of right and wrong.
 |
| **\_\_\_\_\_\_\_** | **\_\_\_\_\_\_\_** | 1. Became impatient if things weren’t done properly or quickly enough.
 |
| **\_\_\_\_\_\_\_** | **\_\_\_\_\_\_\_** | 1. Placed more importance on doing things well than on having fun or relaxing.

 \* us |
| **\_\_\_\_\_\_\_** | **\_\_\_\_\_\_\_** | 1. Spoiled me, or was overindulgent, in many respects.
 |
| **\_\_\_\_\_\_\_** | **\_\_\_\_\_\_\_** | 1. Made me feel I was special, better than most people.
 |
| **\_\_\_\_\_\_\_** | **\_\_\_\_\_\_\_** | 1. Was demanding; expected to get things his/her way.
 |
| **\_\_\_\_\_\_\_** | **\_\_\_\_\_\_\_** | 1. Didn’t teach me that I had responsibilities to other people. \* et
 |
| **\_\_\_\_\_\_\_** | **\_\_\_\_\_\_\_** | 1. Provided very little discipline or structure for me.
 |
| **\_\_\_\_\_\_\_** | **\_\_\_\_\_\_\_** | 1. Set few rules or responsibilities for me.
 |
| **\_\_\_\_\_\_\_** | **\_\_\_\_\_\_\_** | 1. Allowed me to get very angry or lose control.
 |
| **\_\_\_\_\_\_\_** | **\_\_\_\_\_\_\_** | 1. Was an undisciplined person. \* is
 |
| **\_\_\_\_\_\_\_** | **\_\_\_\_\_\_\_** | 1. We were so close that we understood each other almost perfectly.
 |
| **\_\_\_\_\_\_\_** | **\_\_\_\_\_\_\_** | 1. I felt that I didn’t have enough individuality or sense of self separate from him/her.
 |
| **\_\_\_\_\_\_\_** | **\_\_\_\_\_\_\_** | 1. 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.
 |
| **\_\_\_\_\_\_\_** | **\_\_\_\_\_\_\_** | 1. I felt that we would hurt each other if either of us went away from the other.

 \* em |
| **\_\_\_\_\_\_\_** | **\_\_\_\_\_\_\_** | 1. Worried a lot about the family’s financial problems.
 |
| **\_\_\_\_\_\_\_** | **\_\_\_\_\_\_\_** | 1. Made me feel that if I made even a small mistake, something bad would happen.
 |
| **\_\_\_\_\_\_\_** | **\_\_\_\_\_\_\_** | 1. Had a pessimistic outlook; often expected the worst outcome.
 |
| **\_\_\_\_\_\_\_** | **\_\_\_\_\_\_\_** | 1. Focused on the negative aspects of life or things going wrong. \* nv
 |
| **\_\_\_\_\_\_\_** | **\_\_\_\_\_\_\_** | 1. Had to have everything under control.
 |
| **\_\_\_\_\_\_\_** | **\_\_\_\_\_\_\_** | 1. Was uncomfortable expressing affection or vulnerability.
 |
| **\_\_\_\_\_\_\_** | **\_\_\_\_\_\_\_** | 1. Was structured and organized; preferred the familiar over change.
 |
| **\_\_\_\_\_\_\_** | **\_\_\_\_\_\_\_** | 1. Rarely expressed anger.
 |
| **\_\_\_\_\_\_\_** | **\_\_\_\_\_\_\_** | 1. Was private; rarely discussed his/her feelings. \* ei
 |
| **\_\_\_\_\_\_\_** | **\_\_\_\_\_\_\_** | 1. Would become angry or harshly critical when I did something wrong.
 |
| **\_\_\_\_\_\_\_** | **\_\_\_\_\_\_\_** | 1. Would punish me when I did something wrong.
 |
| **\_\_\_\_\_\_\_** | **\_\_\_\_\_\_\_** | 1. Would call me names (like “stupid” or “idiot”) when I made mistakes.
 |
| **\_\_\_\_\_\_\_** | **\_\_\_\_\_\_\_** | 1. Blamed people when things went wrong. \* pu
 |
| **\_\_\_\_\_\_\_** | **\_\_\_\_\_\_\_** | 1. Was concerned with social status and appearance.
 |
| **\_\_\_\_\_\_\_** | **\_\_\_\_\_\_\_** | 1. Placed strong emphasis on success and competition.
 |
| **\_\_\_\_\_\_\_** | **\_\_\_\_\_\_\_** | 1. Was concerned with how my behavior would reflect on him/her in the eyes of others.
 |
| **\_\_\_\_\_\_\_** | **\_\_\_\_\_\_\_** | 1. Seemed to love me more or pay more attention to me when I excelled. \*as
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