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.

|  |  |
| --- | --- |
| 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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