

Anonymous Survey

How Might I Be Affected By A Dysfunctional Family*?

<http://www.k-state.edu/counseling/topics/relationships/dysfunc.html>

Y or N for Yes or No (if it's true for 50% or more in your life, say "yes")

- ___1. Are you a perfectionist?
- ___2. Do you find yourself needing approval from others to feel good about yourself?
- ___3. Do you agree to do more for others than you can actually accomplish?
- ___4. Do you tend to avoid your responsibilities or procrastinate?
- ___5. Do you find it difficult to identify what you're feeling?
- ___6. Do you find it difficult to express feelings?
- ___7. Do you often feel lonely even in the presence of others?
- ___8. Is it difficult for you to ask for what you need from others?
- ___9. Is it difficult for you to maintain friendships and relationships?
- ___10. Do you find it difficult to trust others?
- ___11. Do you tend to hang on to hurtful or destructive relationships?
- ___12. Are you more aware of others' needs and feelings than your own?
- ___13. Do you find it really difficult to deal with anger or criticism?
- ___14. Is it hard for you to just relax and enjoy yourself?
- ___15. Do you find yourself waiting for disaster to strike even when things are going well in your life?
- ___16. Do you find yourself having difficulty with authority figures?

_____ **TOTAL UP YOUR "Yes" ANSWERS**

If you have 8 or more "yes" answers, you likely have some long-term affects from living in a family with some dysfunction.

You have begun to react in negative ways, and may want to make some changes, set some goal, or get some counseling to help you learn to cope in more positive ways.