

Family Unit Functioning Questionnaire

These questions are about how you and your family members interact and respond to one another during family and life challenges. These questions are about how family members survive, react to, help, and try to work on solving challenges. Your family includes, your parents, grandparents, aunts, uncles, cousins, siblings, spouses, children (immediate, nuclear, and extended family). Please read each statement carefully and decide how much the statement is generally true on a 1(not at all true of my family) to 5 (very true of my family) scale. Please answer the item to your best guess based upon past family interactions. Be sure to answer every item and try to be as honest as possible.

	Not true at all of my family Very true of my family				
	1	2	3	4	5
Choose a problem or a series of problems and report on how you and your immediate, nuclear, and extended family interacted and responded. This difficult time or challenge can be from the present or past.					
1. Members in my family (immediate and extended) work together to talk about and solve the challenge/problem.	1	2	3	4	5
2. My family shapes and changes the plan to solve the problem.	1	2	3	4	5
3. My family blames other members when trying to solve family problems.	1	2	3	4	5
4. My family tackles difficult problems in a way that benefits all of its members.	1	2	3	4	5
5. The way that my family (immediate and extended) handles problems/challenges is more of a quick fix.	1	2	3	4	5
6. Tension and fear in my family changes the way members interact with one another.	1	2	3	4	5
7. Family members talk about the problem in ways that helps the family unit.	1	2	3	4	5
8. Overall, individuals in my family (immediate and extended) handle problems on their own.	1	2	3	4	5
9. Members confront painful challenges in the family system in ways that make things better for the future of the family.	1	2	3	4	5
10. During the challenge/problem, members of my family become critical of one another.	1	2	3	4	5
11. Family members (immediate or extended) avoid one another during challenges.	1	2	3	4	5
12. Family members (immediate or extended) can put their worries and emotions to good use and think about the problem.	1	2	3	4	5
13. Family members support other members in carrying out a plan to deal with the challenge.	1	2	3	4	5
14. Members can be a part of solving the problem and still carry out their life goals.	1	2	3	4	5
15. The worry in family members gets in the way of completing their life goals.	1	2	3	4	5
16. When problems come up family member(s) quickly set goals to solve it.	1	2	3	4	5
17. A leader in the family arises when problems come up.	1	2	3	4	5
18. Family members allow the younger members freedom to make their own choices in life.	1	2	3	4	5
19. During challenges family members don't get pulled down by the challenge.	1	2	3	4	5
20. The worry in the family stops member's thinking about how to solve the problem.	1	2	3	4	5
21. The worry in the family spreads around and the problem does not get solved.	1	2	3	4	5
22. Family members hold onto stories of blaming others for the family problems.	1	2	3	4	5

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23. Family members (immediate or extended) show respect toward one another during the difficult time.	1	2	3	4	5
24. Family members (immediate or extended) use emotional strength to stick with and try to make a plan to solve the problem.	1	2	3	4	5
25. My family talks openly and clearly (immediate and/or extended) about how to deal with the issue(s).	1	2	3	4	5
26. Most of the people in my family put a lot of energy into blaming people for the family challenge(s).	1	2	3	4	5
27. Family members don't listen to each other's thinking about the challenge/problem.	1	2	3	4	5
28. During the challenge most family members (immediate or extended) cut-off emotionally from one another and never come back.	1	2	3	4	5
29. In general, most family members (immediate or extended) cut-off contact with other family members and never come back.	1	2	3	4	5
30. Family members (immediate or extended) act as if they have no control over the issue/problem.	1	2	3	4	5
31. Family members (immediate or extended) focus on one person as the problem.	1	2	3	4	5
32. Family members (immediate or extended) focus too much on the person(s) as the main challenge/problem.	1	2	3	4	5
33. Family members stay in regular contact with extended family members and talk about important things in their lives.	1	2	3	4	5
34. Family members talk to extended family members to think about the hard facts of the challenge/problem.	1	2	3	4	5
35. Family members gossip to other members (immediate or extended) about challenges/problems.	1	2	3	4	5
36. Most family members (immediate or extended) take steps to help in solving the problem.	1	2	3	4	5
37. Family members act as if they can make a difference in solving the problem.	1	2	3	4	5
38. Family members take time away from the family but come back together quickly.	1	2	3	4	5
39. All family members (immediate and/or extended) can see how to take some part in the challenges/problem to make things better.	1	2	3	4	5
40. Clear thinking about the challenge/problem never happens because (immediate or extended) family members don't talk or interact.	1	2	3	4	5
41. Blaming and judging others gets in the way of solving problems in the family.	1	2	3	4	5
42. Family members have regular person to person talks with most other family members.	1	2	3	4	5
43. Tension and fear in my family (immediate and/or extended) gets in the way of a good plan to solve the challenge.	1	2	3	4	5
44. My family system (immediate and/or extended) meets the needs of all of its members during challenges.	1	2	3	4	5
45. My family system meets the needs of all family members all of the time.	1	2	3	4	5
46. I would rate the seriousness or severity of the problem that I used to answer the above questions as (least severe = 1 to most severe = 5).	1	2	3	4	5
47. The problem(s) in my family used to answer the above questions: _____					

Family Unit Functioning Assessment Subscale Composition (underlined means revers scored):

1. Tension Management: 3, 6, 15, 18, 20, 21, 22, 24, 26, 41, 43,
2. Resourcefulness: 7, 8, 9, 10, 13, 17, 19, 30, 31, 32, 35, 36, 37, 39, 42,
3. Connectedness & Integration: 11, 23, 25, 27, 28, 29, 33, 38,
4. Systems Thinking: 4, 5, 34, 40, 44, 45
5. Goal Structure: 1, 2, 12, 14, 16

Tension Management: sub score = lowest possible = 11; highest possible = 55

Resourcefulness: sub score = lowest possible = 15; highest possible = 75

Connectedness & integration sub score = lowest possible = 8; highest possible = 40

Systems Thinking sub score = lowest possible = 6; highest possible = 30

Goal Structure sub score = lowest possible = 5; highest possible = 25

Overall total = lowest possible score = 45; highest possible score = 225