

## Parental Survey

Excerpt from *Habits for a Healthy Marriage*, Richard Fitzgibbons, 2019, Ignatius Press

An effective way to become aware of the healthy behaviors and emotional responses acquired unconsciously from modeling after each parent, and their weaknesses, is to take the following survey. In the left column are personality strengths that are essential to a healthy marriage. In the right column weaknesses that harm the capacity for self-giving love. There is every reason to be hopeful that with hard work the weaknesses can be markedly reduced and even resolved.

Your Father

Please rate your father regarding how he related to your mother with the good habits in the left-hand column and the weaknesses in the right-hand column. Write 1 for rarely, 2 for periodically and 3 for often:

Generous ____	or Selfish ____
Forgiving ____	or Angry ____
Respectful ____	or Controlling ____
Responsible & Affectionate ____	or Emotionally Distant ____
Trusting & Calm ____	or Anxious/mistrustful
Hopeful & Cheerful ____	or Sad/Negative ____
Confident & Positive ____	or Insecure/Withdrawn ____
Verbally Supportive & Upbeat ____	or Perfectionistic & Critical ____
Mature & Strong ____	or Overly Self-Indulgent ____
Humble/+ self-knowledge	or Proud/- self-knowledge
Healthy Priorities (see below) ____	or Lack of Prudence or Balance in Life ____

(God first, spouse second and children third)

Now please identify good habits you may have acquired from your father

1.

- 2.
- 3.

Please identify possible weaknesses you may have acquired from your father

- 1.
- 2.
- 3.

### Your Mother

Please rate your mother regarding how she related to your father with the good habits in the left column and the weaknesses in the right column.

Please rate 1 for rarely, 2 for periodically and 3 for often:

- |                                     |   |
|-------------------------------------|---|
| Generous ____                       | or Selfish ____                             |
| Forgiving ____                      | or Angry ____                               |
| Respectful ____                     | or Controlling ____                         |
| Responsible & Affectionate ____     | or Emotionally Distant ____                 |
| Trusting & Calm ____                | or Anxious/Irritable ____                   |
| Hopeful & Cheerful ____             | or Sad/Negative ____                        |
| Confident & Positive ____           | or Insecure/Withdrawn ____                  |
| Verbally Supportive & Upbeat ____   | or Perfectionistic & Critical ____          |
| Mature & Strong ____                | or Overly Self-Indulgent ____               |
| Humble/+self-knowledge              | or Proud/-self-knowledge                    |
| Healthy Priorities (see below) ____ | or Lack of Prudence or Balance in Life ____ |
- (God first, spouse second and children third)

Now please identify good habits you may have acquired from your mother -

- 1.
- 2.
- 3.

Please identify weaknesses you may have acquired from your mother –

- 1.
- 2.
- 3.

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