**Parental Survey**

Excerpt from *Habits for a Healthy Marriage: A Handbook for Catholic Couples*, 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 in the left column that are essential to a healthy marriage. In the right column weaknesses that harm the capacity for self-giving love. There is every reasons 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Confident & Positive \_\_\_ or Insecure/Withdrawn \_\_\_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Confident & Positive \_\_\_ or Insecure/Withdrawn \_\_\_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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