

## FAMILY COHESION

|                                       | <b>COUPLE OR FAMILY SCORE</b> | <b>DISENGAGED (VERY LOW)</b>  | <b>SEPARATED (LOW TO MODERATE)</b>   | <b>CONNECTED (MODERATE TO HIGH)</b>  | <b>ENMESHED (VERY HIGH)</b>  |
|---------------------------------------|-------------------------------|---|--|--|--|
| <b>Emotional Bonding</b>              |                               | Extreme emotional separateness. Lack of family loyalty.   | Emotional separateness. Occasional family loyalty.   | Emotional closeness. Loyalty to family expected.   | Extreme emotional closeness.   |
| <b>Family Involvement</b>             |                               | Very low involvement or interaction between members. Infrequent affective responsiveness between members. | Involvement acceptable but personal distance preferred. Some affective responsiveness is demonstrated. | Involvement emphasized but personal distance allowed. Affective interactions encouraged and preferred. | Very high symbiotic involvement, members very dependent on each other. Affective dependency is demonstrated. |
| <b>Marital Relationship</b>           |                               | Extreme emotional separateness.   | Emotional separateness.  | Emotional closeness.   | Extreme emotional reactivity.  |
| <b>Parent-Child Coalitions</b>        |                               | Lack of parent-child closeness.   | Clear sub-system boundaries. Some parent-child closeness.  | Clear sub-system boundaries. With parent-child closeness.  | Parent-child coalition. Lack of generational boundaries.   |
| <b>Internal Boundaries</b>            |                               | Personal separateness predominant.  | Some personal separateness encouraged.   | Need for separateness respected but less valued.   | Lack of personal separateness.   |
| <b>Time (physical and emotional)</b>  |                               | Time apart from family maximized. Rarely time together.   | Time alone important.  | Time together important. Time alone permitted.   | Time together maximized. Little time alone permitted.  |
| <b>Space (physical and emotional)</b> |                               | Separate space needed and preferred.  | Separate space preferred, sharing of family space.   | Sharing family space. Private space respected.   | Little private space permitted.  |
| <b>Decision-Making</b>                |                               | Independent decision-making.  | Individual decision-making but joint possible  | Joint decision preferred but not necessary   | Decision subjects to wishes of entire group.   |

## FAMILY COHESION (Continued)

|                                     | <b>COUPLE OR FAMILY SCORE</b> | <b>DISENGAGED (VERY LOW)</b>       | <b>SEPARATED (LOW TO MODERATE)</b>                | <b>CONNECTED (MODERATE TO HIGH)</b>          | <b>ENMESHED (VERY HIGH)</b>                              |
|-------------------------------------|-------------------------------|------------------------------------|---|--|--|
| <b>External Boundaries</b>          |                               | Mainly focused outside the family. | More focused outside than inside the family.      | More focused inside than outside the family. | Mainly focused inside the family.                        |
| <b>Friends</b>                      |                               | Individual friends seen alone.     | Individual friendships seldom shared with family. | Individual friendships shared with family.   | Family friends preferred with limited individual friend. |
| <b>Interest</b>                     |                               | Disparate interests                | Separated interests.                              | Joint interested preferred.                  | Joint interests mandated.                                |
| <b>Recreation</b>                   |                               | Mainly separate recreation.        | More separate than shared recreation.             | More separate than individual.               |  |
| <b>Global Cohesion Rating (1-8)</b> |                               |                                    |   |  |  |

## FAMILY CHANGE (ADAPTABILITY)

|   | COUPLE OR FAMILY SCORE | RIGID (VERY LOW)  | STRUCTURED (LOW TO MODERATE)                                   | FLEXIABLE (MODERATE TO HIGH)                                   | CHAOTIC (VERY HIGH)  |
|---|------------------------|---|--|--|--|
| <b>Leadership (control)</b>             |                        | Authoritarian leadership. Parent(s) highly controlling.           | Primarily authoritarian but some equalitarian leadership.      | Equalitarian leadership with fluid changes.                    | Limited and/or erratic leadership. Parental control unsuccessful rebuffed. |
| <b>Discipline (for families only)</b>   |                        | Autocratic, "Law & Order" strict, rigid consequences. Not intent. | Somewhat democratic. Predictable consequences. Seldom lenient. | Usually democratic. Negotiated consequences. Somewhat lenient. | Laissez-faire and ineffective. Inconsistent consequences. Very lenient.    |
| <b>Negotiation</b>                      |                        | Limited negotiations. Decisions imposed by parents.               | Structured negotiations. Decisions mainly made by parents.     | Flexible negotiations. Agreed upon decision.                   | Endless negotiations. Impulsive decisions.                                 |
| <b>Roles</b>                            |                        | Limited repertoire; strictly defined roles.                       | Roles stable, but may be shared.                               | Role sharing and making. Fluid changes of roles.               | Lack of role clarity; role shifts and role reversals.                      |
| <b>Rules</b>                            |                        | Unchanging rules. Rules strictly enforced.                        | Few rule changes. Rules firmly enforced.                       | Some rule changes. Rules flexibly enforced.                    | Frequent rule changes. Rules consistently enforced.                        |
| <b>Global Adaptability rating (1-8)</b> |                        |   |  |  |  |

**ADAPTABILITY: The ability of the family system to change its power structure, role relationships, and relationship rules in response to situational and developmental stress.**

## FAMILY COMMUNICATION

**LOW** ----- **FACILITATING** ----- **HIGH**  
**COUPLE OR**  
**FAMILY SCORE**    **1**                    **2**                    **3**                    **4**                    **5**                    **6**

|  |  |   |   |  |
|--|--|---|---|--|
| <b>Continuity Tracking</b>   |  | Little continuity of content;<br>Irrelevant/distracting non-verbals and asides frequently occur;<br>Frequent/inappropriate topic changes. | Some continuity but not consistent across time or across all members. Some irrelevant/distracting non-verbals and asides; Topic changes not consistently appropriate. | Members consistently tracking; Few irrelevant/distracting non-verbals and asides; facilitative non-verbals; Appropriate topic changes. |
| <b>Respect and Regard</b>  |  | Lack of respect for feelings or message of other(s); possible overtly disrespectful or belittling attitude.                               | Somewhat respectful or others but not consistent across time or across all members.   | Consistently appears respectful of others' feelings and message.   |
| <b>Clarity</b>   |  | Inconsistent and/or unclear verbal messages; Frequent incongruencies between verbal and non-verbal messages.                              | Some degree of clarity; but not consistent across time or across all members; Some incongruent messages.  | Verbal messages very clear.<br><br>Generally congruent messages.   |
| <b>Freedom of Expression</b>   |  | Infrequent discussion of self, feelings and relationships.  | Some discussion of self, feelings, and relationships.   | Open discussion of self, feelings, and relationships.  |
| <b>Communication Skills</b><br><b>Listener's Skills</b><br><b>Empathy</b><br><b>Attentive Listening</b><br><b>Speaker's Skills</b><br><b>Speaking for self</b><br><b>Speaking for other</b><br><b>Intrusions/interruptions</b><br><br><b>Premature Closure</b> |  | Seldom evident<br>Seldom evident<br><br>Seldom evident<br>Often evident<br><br>Often evident  | Sometimes evident<br>Sometimes evident<br><br>Sometimes evident<br>Sometimes evident<br><br>Sometimes evident   | Often evident<br>Often evident<br><br>Often evident<br>Seldom evident<br><br>Seldom evident  |
| <b>Global Family Communication Rating</b>  |  |   |   |  |

|       |  |  |  |  |
|-------|--|--|--|--|
| (1-6) |  |  |  |  |
|-------|--|--|--|--|