

Emotional Legacy Evaluation

Answer each question by circling the number that best reflects the legacy you have received from your parents. Then add up your score.

1. When you walked into your house, what was your feeling?

1. Dread
2. Tension
3. Chaos
4. Stability
5. Calm
6. Warmth

2. Which word best describes the tone of your home?

1. Hateful
2. Angry
3. Sad
4. Serious
5. Relaxed
6. Fun

3. What was the message of your family life?

1. You are worthless.
2. You are a burden.
3. You are okay.
4. You are respected.
5. You are important.
6. You are the greatest.

4. Which word best describes the "fragrance" of your home life?

1. Repulsive
2. Rotten
3. Unpleasant
4. Sterile
5. Fresh
6. Sweet

5. Which was most frequent in your home?

1. An intense fight
2. The silent treatment
3. Detached apathy
4. A strong disagreement
5. A kind word
6. An affectionate hug

Total: _____

Social Legacy Evaluation

1. Which words most closely resemble the social tone of your family?
 1. Cruel and abusive
 2. Cutting sarcasm
 3. Chaotic and distant
 4. Noncommunicative but stable
 5. Secure with open communication
 6. Loving and fun

2. What was the message of your home life with regard to relationships?
 1. "Step on others to get your way."
 2. "Hurt them if they hurt you."
 3. "Demand your rights."
 4. "Mind your own business."
 5. "Treat others with respect."
 6. "Put others before yourself."

3. How were rules set and enforced in your home?
 1. Independent of relationship
 2. In reaction to parental stress
 3. Dictatorially
 4. Inconsistently
 5. Out of concern for my well-being
 6. In the context of a loving relationship

4. Which word best characterizes the tone of communication in your home?
 1. Shouting
 2. Manipulation
 3. Confusing
 4. Clear
 5. Constructive
 6. Courteous

5. How did your family deal with wrong behavior?
 1. Subtle reinforcement
 2. Accepted in the name of love
 3. Guilt trip
 4. Severe punishment
 5. Discussion
 6. Loving, firm discipline

Total: _____

Spiritual Legacy Evaluation

1. To what degree were spiritual principles incorporated into daily family life?
 1. Never
 2. Rarely
 3. Sometimes
 4. Frequently
 5. Almost always
 6. Consistently

2. Which word captures the tone of how you learned to view/relate to God?
 1. Absent
 2. Adversarial
 3. Fearful
 4. Casual
 5. Solemn
 6. Intimate

3. How would you summarize your family's level of participation in spiritual activities?
 1. Nonexistent
 2. Rare
 3. Occasional
 4. Regimental
 5. Active
 6. Enthusiastic

4. How were spiritual discussions applied in your home?
 1. They weren't
 2. To control
 3. To manipulate
 4. To teach
 5. To influence
 6. To reinforce

5. What was the perspective in your home regarding moral absolutes?
 1. If it feels good, do it!
 2. There are no absolutes.
 3. Let your heart guide you.
 4. Dogmatic legalism
 5. Moderate conservatism
 6. Clear boundaries

Total: _____

Results:

- Above 24 = Strong spiritual legacy
- 19 - 24 = Healthy legacy
- 14 - 18 = Mixed legacy — good and bad elements
- 10 - 13 = Weak spiritual legacy
- Below 10 = Damaged spiritual legacy