FACES II: Family Version David H. Olson, Joyce Portner & Richard Bell				
1 Almost Never	2 Once in Awhile	3 Sometimes	4 Frequently	5 Almost Always

Describe the Family you grew up in:

_____ 1. Family members were supportive of each other during difficult times.
_____ 2. In our family, it was easy for everyone to express his/her opinion.
_____ 3. It was easier to discuss problems with people outside the family than with other family members.
_____ 4. Each family member had input regarding major family decisions.
_____ 5. Our family gathered together in one room.
_____ 6. Children had a say in their discipline.
_____ 7. Our family did things together.
_____ 8. Family members discussed problems and felt good about the solutions.
_____ 9. In our family, everyone went his/her own way.
_____ 10. We shifted household responsibilities from person to person.
_____ 11. Family members knew each others' close friends.
_____ 12. It was hard to know what the rules were in our family.
_____ 13. Family members consulted other family members on personal decisions.
_____ 14. Family members said what they wanted.
_____ 15. We had difficulty thinking of things to do as a family.
_____ 16. In solving problems, the children's suggestions were followed.
_____ 17. Family members felt very close to each other.
_____ 18. Discipline was fair in our family.
_____ 19. Family members felt closer to people outside the family than to other family members.
_____ 20. Our family tried new ways of dealing with problems.
_____ 21. Family members went along with what the family decided to do.
_____ 22. In our family, everyone shared responsibilities.
_____ 23. Family members liked to spend their free time with each other.
_____ 24. It was difficult to get a ruled changed in our family.
_____ 25. Family members avoided each other at home.
_____ 26. When problems arose, we compromised.
_____ 27. We approved of each other's friends.
_____ 28. Family members were afraid to say what was on their minds.
_____ 29. Family members paired up rather than do things as a total family.
_____ 30. Family members shared interests and hobbies with each other.

Directions for obtaining Circumplex Type Score

For Cohesion:

1. Sum items 3, 9, 15, 19, 25 and 29.
2. Subtract that figure from 36. 36 - _____ = _____
3. Sum all other odd numbers plus item 30. + _____
4. Add the figure from Step 2 and step 3 to obtain a total cohesion score. _____

For Adaptability:

1. Sum items 24 & 28.
2. Subtract that figure from 12. 12 - _____ = _____
3. Sum all other even numbers except item 30. + _____
4. Add the figure from step 2 and Step 3 to obtain a total adaptability score. _____

C.H. Olson, C.S. Russell, & d. H. Sprenkle, *Cirumplex model: Systemic Assessment and Treatment of Families*, (The Haworth Press, New York, NY, 1988). Used with permission.