

PUT-DOWNS FROM PARENTS*



Handout

Please write in the number listed below (1-4) that best describes how often the experience happened to you with your mother (or stepmother, female guardian, etc.) and father (or stepfather, male guardian, etc.) when you were growing up. If you had more than one mother/father figure, please answer for the persons whom you feel played the most important role in your upbringing.

1	2	3	4
Never Occurred	Occasionally Occurred	Often Occurred	Always Occurred

	Father	Mother
1. I think that my parent wished I had been different in some way.	_____	_____
2. As a child, I was physically punished or scolded in the presence of others.	_____	_____
3. My parent would say something about me in front of others so that I felt ashamed.	_____	_____
4. I was treated as the "black sheep" or "scapegoat" of the family.	_____	_____
5. I felt my parent thought it was my fault when he/she was unhappy.	_____	_____
6. I think my parent was mean and held grudges toward me.	_____	_____
7. I was punished by my parents without having done anything.	_____	_____
8. My parent criticized me and/or told me how useless I was in front of others.	_____	_____
9. My parent beat me for no reason.	_____	_____
10. My parent treated me in such a way that I felt ashamed.	_____	_____
11. My parent would be angry with me without letting me know why.	_____	_____

*Adapted with permission from Dutton, van Ginkel, & Strazomski (1995) from the EMBU: Memories of My Upbringing scale. May not be reproduced without permission.