

THE FAMILY PROFILE: A FAMILY ASSESSMENT TOOL

Introduction:

The Family Profile is a self-administered and easily interpreted measure of family functioning. Family members score and plot their results to create a graphical profile of their family's relationship strengths. The ability to graph their responses gives families immediate feedback and a grasp of their strengths and opportunities for improving family interaction.

The Family Profile includes 12 dimensions of family functioning:

- 1) **Kindness:** the extent to which family members engage in kind, positive acts that reflect unselfish regard for others;
- 2) **Unkindness:** the extent to which family members engage in unkind, cruel acts that show disregard for others in the family;
- 3) **Ability to Communicate:** the extent to which family members have the capacity (ability or skill) to express themselves and understand others. (This is not the amount of communication. It is the ability to communicate effectively.)
- 4) **Disengagement:** the extent to which family members act without considering others in the family and fail to communicate with one another
- 5) **Enmeshment:** the extent to which family members insist on being involved with each other without allowing time or space for individual family members to lead their own lives;
- 6) **Bridging:** the extent to which the family makes use of a social network of resources outside the family for pleasure or their benefit
- 7) **Financial Management:** the extent to which the family is effective in the allocation and use of family financial resources;
- 8) **Self-reliance:** the extent to which the family takes responsibility to meet its own needs insofar as possible, and avoids shifting responsibility to provide on others
- 9) **Work:** the extent to which family members labor or exert effort to accomplish family goals;
- 10) **Chores:** the extent to which the family is effective in accomplishing household tasks such as cooking and cleaning rooms and clothing;
- 11) **Sacred/spiritual Orientation:** the degree to which family emphasizes the spiritual (mystical or religious) part of life;
- 12) **Rituals:** the extent to which family members participate in activities, occasions, and special events that tends to be repeated.

Family Profile II

Decide how well each statement describes what is happening in your family. Write the number from the following scale next to each statement.

1 = Never 2 = Almost
 Never Never

3 = Once in
 a While

4 = Sometimes

5 = Frequently

6 = Almost
 Always

7 = Always

- ___ 1. We do nice things for each other.
- ___ 2. Some family members are rude to others.
- ___ 3. Some members of our family have difficulty expressing themselves.
- ___ 4. When we are at home, family members usually do their own thing.
- ___ 5. Some members of the family want more individuality than our family allows.
- ___ 6. Our family is uncomfortable socializing with others.
- ___ 7. We live within our income.
- ___ 8. As a family, we take the responsibility to provide for ourselves.
- ___ 9. We are taught that work is a key to success.
- ___ 10. The quality of our work on family chores is poor.
- ___ 11. Faith in religious things is important to our family.
- ___ 12. We participate in valued traditions that are unique to our family.
- ___ 13. The overall quality of our family life is very good.
- ___ 14. We give each other compliments.
- ___ 15. Some family members are very critical of others.
- ___ 16. Some members of our family are poor communicators.
- ___ 17. Family members lead very separate lives.
- ___ 18. Individuals in our family are not given enough freedom.
- ___ 19. Our family avoids social situations.
- ___ 20. We are in debt for many things that are not necessary.
- ___ 21. We try to be self supporting.
- ___ 22. We avoid hard work.
- ___ 23. Everyday tasks are left undone in our family.
- ___ 24. We pay attention to the spiritual part of life.
- ___ 25. Our family should give more emphasis to celebrating special events.
- ___ 26. We are satisfied with how we get along in our family.
- ___ 27. Family members sacrifice for each other.
- ___ 28. Some family members are cruel to one another.

- ___29. Some members of our family have difficulty understanding others.
- ___30. In our family, everyone is on their own.
- ___31. The family puts too much pressure on us to conform to the family's way of doing things.
- ___32. In times of need, our family has a network of people we can count on for help.
- ___33. We pay our bills on time.
- ___34. We try to be independent financially.
- ___35. Work is an important value taught in our family.
- ___36. Some family members do not do their fair share of the family chores.
- ___37. Faith in God, or a higher power, is important in our family.
- ___38. We give the right amount of emphasis to special events like holidays, birthdays, and anniversaries.
- ___39. The overall quality of our family life is very poor.
- ___40. Family members give of their time for one another.
- ___41. Some family members ridicule others.
- ___42. Some members can't put their thoughts into words very well.
- ___43. We do things as separate individuals rather than as a family unit.
- ___44. The family discourages independence.
- ___45. Helpful neighbors are unavailable to our family in times of need.
- ___46. Being in debt is a serious problem for our family.
- ___47. We accept the challenge to provide for ourselves.
- ___48. Our family is good about getting daily chores done.
- ___49. We attend worship services.
- ___50. We have some valued traditions that are unique to our family.
- ___51. Our family is about the way we want it to be.
- ___52. We are compassionate.
- ___53. Some family members are verbally abusive with one another.
- ___54. When serious problems arise, our family is on its own.
- ___55. Some family members fail to do their share of work.
- ___56. We rely on a supreme being.
- ___57. We enjoy the celebration of special times in our family.
- ___58. Over-all the family gets along well.

SCORE SHEET INSTRUCTIONS

1. Put the numbers you wrote by each question on the lines that follow.
2. Next, reverse the scoring for the questions where the number is in **bold** print and has an **R** by it. When you reverse them, a score of 7 becomes a 1, 6 becomes a 2, 5 becomes a 3, 4 remains a 4, 3 becomes a 5, 2 becomes a 6, and 1 becomes a 7.
3. Add up the scores within each column
4. Transfer the total scores to the profile.

Kindness	Unkindness	Communication	Disengaged
1. _____	2. _____	3R. _____	4. _____
14. _____	15. _____	16R. _____	17. _____
27. _____	28. _____	29R. _____	30. _____
40. _____	41. _____	42R. _____	43. _____
52. _____	53. _____	Total _____	Total _____
Total _____	Total _____		

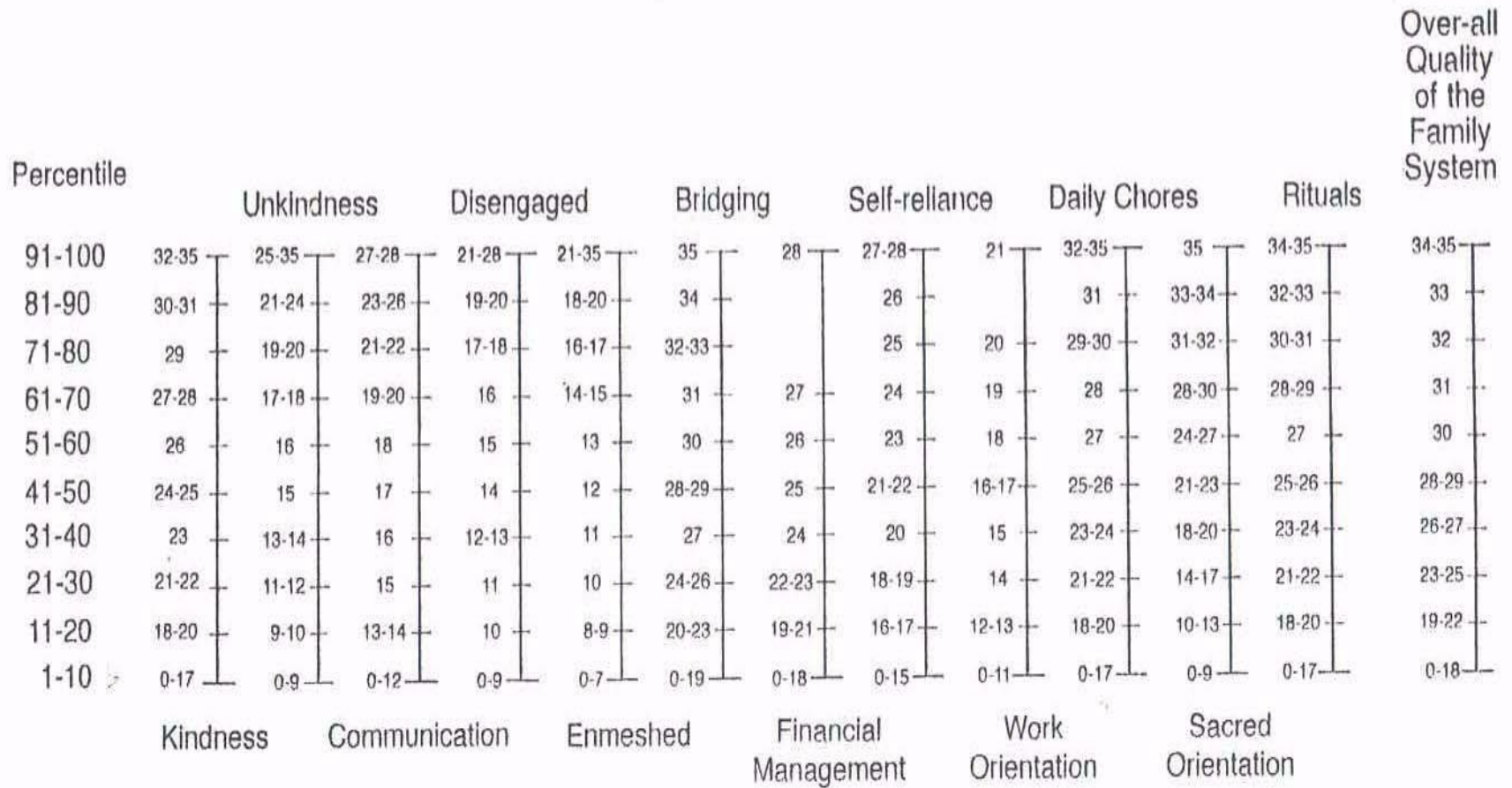
Enmeshed	Bridging	Financial Management	Self Reliance
5. _____	6R. _____	7. _____	8. _____
18. _____	19R. _____	20R. _____	21. _____
31. _____	32. _____	33. _____	34. _____
44. _____	45R. _____	46R. _____	47. _____
Total _____	54R. _____	Total _____	Total _____
	Total _____		

Work Orientation	Daily Chores Tasks	Sacred/Secular Orientation	Rituals
9. _____	10R. _____	11. _____	12. _____
22R. _____	23R. _____	24. _____	25R. _____
35. _____	36R. _____	37. _____	38. _____
Total _____	48. _____	49. _____	50. _____
55R. _____	56. _____	57. _____	Total _____
	Total _____	Total _____	

To get the score for the over-all family quality, add the answers for Questions 13, 26, 39R, 51, and 58.

FAMILY PROFILE II:

A PICTURE OF 12 AREAS OF FAMILY LIFE SHOWING STRENGTHS AND OPPORTUNITIES



Instructions

This profile shows how a family's scores compare to the scores of others families. To draw a profile, compute the scores for each of the 12 areas. Then place a dot or circle by each score on each of the lines in the profile. Then connect the 12 dots. If a dot is at the 91-100 percentile (as shown by the percentile groups on the far left side), it indicates the family is in the highest ten percent of families in this part of family life. Families in the highest percentiles are in the most ideal or preferred condition. If a dot is in the middle percentiles this indicates the family is about average with regard to this area. If a dot is in the 1-10 percentile it indicates the family is in the lowest or least effective 10 percent of families in this area. This suggests that this area is an aspect of the family where there are opportunities to grow and improve in ways that might improve family effectiveness. A profile can be drawn that shows how different members of a family perceive the family. To do this, use a separate color for each member, and evaluate what the similarities and differences mean. The over-all quality on the right is an indicator of how the family system as a whole is doing. The percentiles for the **Family Profile II** are based on the responses of 1,722 college students in 15 different American universities. The students described what their family was like when they were about 17 years old.

Source: Lee, T. R., Burr, W. R., Beutler, I. F., Yorgason, F., Harker, H. B., & Olsen, J. A. (1997). The family profile II: A self-scored, brief family assessment tool. *Psychological Reports*, 81, 467-477