

FAM-III: General Scale

Client ID: _____ Date: ____/____/____ Age: _____ Sex: Male Female
 Family Position (check one): Father/Husband Mother/Wife Child Grandparent Other: _____

Instructions: On this page and the reverse side, you will find 50 statements about your family as a whole. Read each statement carefully and decide how well the statement applies to your family. Make your response by circling one of the provided answers ("strongly agree," "agree," "disagree," "strongly disagree"). Circle only one response for each item. Mark an answer for every statement, even if you are not completely sure of your answer.

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|--|----------------|-------|----------|-------------------|
| 1. We spend too much time arguing about what our problems are. | strongly agree | agree | disagree | strongly disagree |
| 2. Family duties are fairly shared. | strongly agree | agree | disagree | strongly disagree |
| 3. When I ask someone to explain what they mean, I get a straight answer. | strongly agree | agree | disagree | strongly disagree |
| 4. When someone in our family is upset, we don't know if they are angry, sad, scared, or what. | strongly agree | agree | disagree | strongly disagree |
| 5. We are as well adjusted as any family could possibly be. | strongly agree | agree | disagree | strongly disagree |
| 6. You don't get a chance to be an individual in our family. | strongly agree | agree | disagree | strongly disagree |
| 7. When I ask why we have certain rules, I don't get a good answer. | strongly agree | agree | disagree | strongly disagree |
| 8. We have the same views on what is right and wrong. | strongly agree | agree | disagree | strongly disagree |
| 9. I don't see how any family could get along better than ours. | strongly agree | agree | disagree | strongly disagree |
| 10. Some days we are more easily annoyed than on others. | strongly agree | agree | disagree | strongly disagree |
| 11. When problems come up, we try different ways of solving them. | strongly agree | agree | disagree | strongly disagree |
| 12. My family expects me to do more than my share. | strongly agree | agree | disagree | strongly disagree |
| 13. We argue about who said what in our family. | strongly agree | agree | disagree | strongly disagree |
| 14. We tell each other about things that bother us. | strongly agree | agree | disagree | strongly disagree |
| 15. My family could be happier than it is. | strongly agree | agree | disagree | strongly disagree |
| 16. We feel loved in our family. | strongly agree | agree | disagree | strongly disagree |
| 17. When you do something wrong in our family, you don't know what to expect. | strongly agree | agree | disagree | strongly disagree |
| 18. It's hard to tell what the rules are in our family. | strongly agree | agree | disagree | strongly disagree |
| 19. I don't think any family could possibly be happier than mine. | strongly agree | agree | disagree | strongly disagree |
| 20. Sometimes we are unfair to each other. | strongly agree | agree | disagree | strongly disagree |
| 21. We never let things pile up until they are more than we can handle. | strongly agree | agree | disagree | strongly disagree |
| 22. We agree about who should do what in our family. | strongly agree | agree | disagree | strongly disagree |
| 23. I never know what's going on in our family. | strongly agree | agree | disagree | strongly disagree |
| 24. I can let my family know what is bothering me. | strongly agree | agree | disagree | strongly disagree |
| 25. We never get angry in our family. | strongly agree | agree | disagree | strongly disagree |

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Side 2

| | | | | |
|---|----------------|-------|----------|-------------------|
| 26. My family tries to run my life. | strongly agree | agree | disagree | strongly disagree |
| 27. If we do something wrong, we don't get a chance to explain. | strongly agree | agree | disagree | strongly disagree |
| 28. We argue about how much freedom we should have to make our own decisions. | strongly agree | agree | disagree | strongly disagree |
| 29. My family and I understand each other completely. | strongly agree | agree | disagree | strongly disagree |
| 30. We sometimes hurt each other's feelings. | strongly agree | agree | disagree | strongly disagree |
| 31. When things aren't going well it takes too long to work them out. | strongly agree | agree | disagree | strongly disagree |
| 32. We can't rely on family members to do their part. | strongly agree | agree | disagree | strongly disagree |
| 33. We take the time to listen to each other. | strongly agree | agree | disagree | strongly disagree |
| 34. When someone is upset, we don't find out until much later. | strongly agree | agree | disagree | strongly disagree |
| 35. Sometimes we avoid each other. | strongly agree | agree | disagree | strongly disagree |
| 36. We feel close to each other. | strongly agree | agree | disagree | strongly disagree |
| 37. Punishments are fair in our family. | strongly agree | agree | disagree | strongly disagree |
| 38. The rules in our family don't make sense. | strongly agree | agree | disagree | strongly disagree |
| 39. Some things about my family don't entirely please me. | strongly agree | agree | disagree | strongly disagree |
| 40. We never get upset with each other. | strongly agree | agree | disagree | strongly disagree |
| 41. We deal with our problems even when they're serious. | strongly agree | agree | disagree | strongly disagree |
| 42. One family member always tries to be the center of attention. | strongly agree | agree | disagree | strongly disagree |
| 43. My family lets me have my say, even if they disagree. | strongly agree | agree | disagree | strongly disagree |
| 44. When our family gets upset, we take too long to get over it. | strongly agree | agree | disagree | strongly disagree |
| 45. We always admit our mistakes without trying to hide anything. | strongly agree | agree | disagree | strongly disagree |
| 46. We don't really trust each other. | strongly agree | agree | disagree | strongly disagree |
| 47. We hardly ever do what is expected of us without being told. | strongly agree | agree | disagree | strongly disagree |
| 48. We are free to say what we think in our family. | strongly agree | agree | disagree | strongly disagree |
| 49. My family is not a perfect success. | strongly agree | agree | disagree | strongly disagree |
| 50. We have never let down another family member in any way. | strongly agree | agree | disagree | strongly disagree |