



Ronald Mah, M.A., Ph.D.

Licensed Marriage & Family Therapist, MFC32136

Psychotherapy, Parent Education, Consulting & Staff Development

433 Estudillo Ave., #305, San Leandro, CA 94577-4915

(510) 614-5641 Office - (510) 889-6553 fax - E-mail: Ronald@RonaldMah.com - Web: www.RonaldMah.com

GHOSTS IN THE TWILIGHT ZONE -DISCOVERING WHAT YOU BRING INTO RELATIONSHIPS

A FOR-YOUR-EYES-ONLY SELF-QUESTIONNAIRE: Confidential. Not to be seen by anyone except you, who are filling it out. Please fill it out for your own illumination.

Complete the sentences with your own words as they apply to you.

About Now

- 1) When someone is angry I tend to feel....
- 2) When I am scared I....
- 3) I feel out of control when....
- 4) When I feel out of control, I....
- 5) Sometimes, I get that queasy, uneasy, tight feeling when....
- 6) The thing that bothers me the most in other people is....
- 7) The thing that bothers me the most in my mate is....
- 8) The thing that bothers me the most in me is....
- 9) At work, when I have a problem with another staff person, I....

About Before

- 10) When my father got angry I used to feel....
- 11) When my mother got angry I used to feel....
- 12) When I was upset or scared as a kid, my mother....
- 13) When I was upset or scared as a kid, my father....
- 14) When I was a kid, I felt out of control in the family when....
- 15) When I felt out of control as a kid, I....
- 16) When I was a kid, I used to get that queasy, uneasy, tight feeling when....
- 17) The thing that used to bother me the most in my mother was....
- 18) The thing that used to bother me the most in my father was....
- 19) When I had a problem with one of siblings, I would try to get my parent(s) to....
- *20) My ghosts are....

If you find your answers bring up issues and/or significant discomfort and/or disturbing questions, you may wish to seek input and help from a professional.