

## 17. ADLERIAN LIFE-STYLE ASSESSMENT

- A. Birth Order.** List all the children in the family in their birth order and list their ages plus or minus years compared to your age, including siblings now dead and/or miscarriages known to you as a child.

*For example:*

*Joshua +2*

**Jacob 28 (client)**

*Sarah -2*

*Girl baby -3 (stillborn)*

*Helen -10*

- B. Description of Siblings.** Specific descriptions of siblings as you remember them as a child.

What kind of kid were you?

Describe the other siblings. What kind of kids were your siblings?

Who was mother's favorite? Father's favorite?

**C. Comparative Attributes.** Rate self and siblings on each of the attributes by indicating who you believed was highest or most, who was lowest or least, and if you were neither one, indicate to which sibling you were most similar (only compared to the other children). Use initials to indicate self and siblings

- |                          |              |        |
|--------------------------|--------------|--------|
| 1. Hardest worker        | highest..... | lowest |
| 2. Best grades in school | highest..... | lowest |
| 3. Conforming            | most.....    | least  |
| 4. Rebellious            | most.....    | least  |
| 5. Tried to please       | most.....    | least  |
| 6. Got own way           | most.....    | least  |
| 7. Most spoiled          | most.....    | least  |
| 8. Most punished         | most.....    | least  |

#### **D. Parents**

1. Which parent were you most like? In what way?
2. What kind of relationship existed between father and mother?
3. Did any other persons live with or significantly influence you as a child?

**Early Recollections** (at least 3 significant early events)