

# Young Parenting Inventory - 1

Developed by

Jeffrey Young, Ph.D.

Name \_\_\_\_\_

Date \_\_\_\_\_

**INSTRUCTIONS:** Listed below are statements that you might use to describe your parents. Please read each statement and decide how well it describes your parents. Choose the **highest rating from 1 to 6** that describes your mother, then your father, **when you were a child** and write the number in the spaces before each statement. If someone substituted as your mother or father, please rate the scale for that person. If you did not have a mother or a father, leave the appropriate column blank.

1 = Completely untrue

2 = Mostly untrue

3 = Slightly more true than untrue

4 = Moderately true

5 = Mostly true

6 = Describes him/her perfectly

**MOTHER**

**FATHER**

**DESCRIPTION**

- |       |       |  |
|-------|-------|--|
| _____ | _____ | 1. Loved me, treated me as someone special.                |
| _____ | _____ | 2. Spent time with and paid attention to me.               |
| _____ | _____ | 3. Gave me helpful guidance and direction.                 |
| _____ | _____ | 4. Listened to me, understood me, shared feelings with me. |
| _____ | _____ | 5. Was warm and physically affectionate.                   |
| _____ | _____ | 6. Died or left the house permanently when I was a child.  |
| _____ | _____ | 7. Was moody, unpredictable, or an alcoholic.              |
| _____ | _____ | 8. Preferred my brother(s) or sister(s) to me.             |
| _____ | _____ | 9. Withdrew or left me alone for extended periods.         |

- \_\_\_\_\_ 10. Lied to me, deceived me, or betrayed me.
- \_\_\_\_\_ 11. Abused me physically, emotionally, or sexually.
- \_\_\_\_\_ 12. Used me to satisfy his/her needs.
- \_\_\_\_\_ 13. Seemed to get pleasure from hurting people.
- \_\_\_\_\_ 14. Worried excessively that I would get hurt.
- \_\_\_\_\_ 15. Worried excessively that I would get sick.
- \_\_\_\_\_ 16. Was a fearful or phobic person.
- \_\_\_\_\_ 17. Overprotected me.
- \_\_\_\_\_ 18. Made me feel I couldn't rely on my decisions or judgment.
- \_\_\_\_\_ 19. Did too many things for me instead of letting me do things on my own.
- \_\_\_\_\_ 20. Treated me as if I were younger than I really was.
- \_\_\_\_\_ 21. Criticized me a lot.
- \_\_\_\_\_ 22. Made me feel unloved or rejected.
- \_\_\_\_\_ 23. Treated me as if there was something wrong with me.
- \_\_\_\_\_ 24. Made me feel ashamed of myself in important respects.
- \_\_\_\_\_ 25. Never taught me the discipline necessary to succeed in school.
- \_\_\_\_\_ 26. Treated me as if I was stupid or untalented.
- \_\_\_\_\_ 27. Didn't really want me to succeed.
- \_\_\_\_\_ 28. Expected me to be a failure in life.
- \_\_\_\_\_ 29. Treated me as if my opinions or desires didn't count.
- \_\_\_\_\_ 30. Did what he/she wanted, regardless of my needs.
- \_\_\_\_\_ 31. Controlled my life so that I had little freedom of choice.
- \_\_\_\_\_ 32. Everything had to be on his/her terms.
- \_\_\_\_\_ 33. Sacrificed his/her own needs for the sake of the family.
- \_\_\_\_\_ 34. Was unable to handle many daily responsibilities, so I had to do more than my share.
- \_\_\_\_\_ 35. Was unhappy a lot and relied on me for support and understanding.

- \_\_\_\_\_ 36. Made me feel that I was strong, and should take care of other people.
- \_\_\_\_\_ 37. Had very high expectations for him/herself.
- \_\_\_\_\_ 38. Expected me to do my best at all times.
- \_\_\_\_\_ 39. Was a perfectionist in many areas; things had to be "just so".
- \_\_\_\_\_ 40. Made me feel that almost nothing I did was quite good enough.
- \_\_\_\_\_ 41. Had strict, rigid rules of right and wrong.
- \_\_\_\_\_ 42. Became impatient if things weren't done properly or quickly enough.
- \_\_\_\_\_ 43. Placed more importance on doing things well than on having fun or relaxing.
- \_\_\_\_\_ 44. Spoiled me, or was overindulgent, in many respects.
- \_\_\_\_\_ 45. Made me feel I was special, better than most other people.
- \_\_\_\_\_ 46. Was demanding; expected to get things his/her way.
- \_\_\_\_\_ 47. Didn't teach me that I had responsibilities to other people.
- \_\_\_\_\_ 48. Provided very little discipline or structure for me.
- \_\_\_\_\_ 49. Set few rules or responsibilities for me.
- \_\_\_\_\_ 50. Allowed me to get very angry or lose control.
- \_\_\_\_\_ 51. Was an undisciplined person.
- \_\_\_\_\_ 52. We were so close that we understood each other almost perfectly.
- \_\_\_\_\_ 53. I felt that I didn't have enough individuality or sense of self separate from him/her.
- \_\_\_\_\_ 54. I felt that I didn't have my own sense of direction while I was growing up because he/she was such a strong person.
- \_\_\_\_\_ 55. I felt that we would hurt each other if either of us went away from the other.
- \_\_\_\_\_ 56. Worried a lot about the family's financial problems.
- \_\_\_\_\_ 57. Made me feel that If I made even a small mistake, something bad might happen.
- \_\_\_\_\_ 58. Had a pessimistic outlook; often expected the worst outcome.
- \_\_\_\_\_ 59. Focused on the negative aspects of life or things going wrong.
- \_\_\_\_\_ 60. Had to have everything under control.
- \_\_\_\_\_ 61. Was uncomfortable expressing affection or vulnerability.

- \_\_\_\_\_ 62. Was structured and organized; preferred the familiar over change.
- \_\_\_\_\_ 63. Rarely expressed anger.
- \_\_\_\_\_ 64. Was private; rarely discussed his/her feelings.
- \_\_\_\_\_ 65. Would become angry or harshly critical when I did something wrong.
- \_\_\_\_\_ 66. Would punish me when I did something wrong.
- \_\_\_\_\_ 67. Would call me names (like "stupid" or "idiot") when I made mistakes.
- \_\_\_\_\_ 68. Blamed people when things went wrong.
- \_\_\_\_\_ 69. Was concerned with social status and appearance.
- \_\_\_\_\_ 70. Placed strong emphasis on success and competition.
- \_\_\_\_\_ 71. Was concerned with how my behavior would reflect on him/her in the eyes of others.
- \_\_\_\_\_ 72. Seemed to love me more or pay more attention to me when I excelled.

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