

EMOTIONAL LEGACY EVALUATION

Answer each question by circling the number that best reflects the legacy you have received from your parents; then add your total score.

1. When you walked into your house, what was your feeling?

- 1 Dread
- 2 Tension
- 3 Chaos
- 4 Stability
- 5 Calm
- 6 Warmth

2. Which word best describes the tone of your home?

- 1 Hateful
- 2 Angry
- 3 Sad
- 4 Serious
- 5 Relaxed
- 6 Fun

3. What was the message of your family life?

- 1 You are worthless.
- 2 You are a burden.
- 3 You are okay.
- 4 You are respected.
- 5 You are important.
- 6 You are the greatest.

4. Which word best describes the fragrance of your home life?

- 1 Repulsive
- 2 Rotten
- 3 Unpleasant
- 4 Sterile
- 5 Fresh
- 6 Sweet

5. Which was the most frequent in your home?

- 1 An intense fight
- 2 The silent treatment
- 3 Detached apathy
- 4 A strong disagreement
- 5 A kind word
- 6 An affectionate hug

RESULTS:

Above 24	Strong emotional legacy
19-24	Healthy legacy
14-18	Mixed legacy - good and bad elements
10-13	Weak emotional legacy
Below 10	Damaged emotional legacy